

Neck and Upper Back Stretches

The neck moves in six different directions. You should try to stretch the neck in all the different directions to create symmetry in the musculature. Do not overstretch a muscle or it will have the opposite result. If you experience some mild pain during stretching that is considered normal. Before you begin stretching you should find a firm comfortable chair which will help you maintain good posture. While stretching you may hold the sides of the chair to provide a better stretch. Remember that we do not want to cause unnecessary pain while stretching.

Neck Stretches

1. Neck Extension(lean your head back)- Lower your head back and hold the position for 5-10 seconds or two deep breaths. Bring your head back to neutral and repeat 2-3 times.
2. Neck Flexion(Bring your chin to your chest)- Lower your chin to your chest slowly and hold the position for 5-10 seconds or two deep breaths. Bring your head back to neutral and repeat 2-3 times.
3. Right Rotation(Bring your chin to your right shoulder)- Slowly move your head to the right and hold the position for 5-10 seconds or two deep breaths. Bring your head back to neutral and repeat 2-3 times.
4. Left Rotation(Bring your chin to your left shoulder)- Slowly move your head to left and hold the position for 5-10 seconds or two deep breaths. Bring your head back to neutral and repeat 2-3 times.
5. Right Lateral Flexion(Bring your right ear to your right shoulder)- Slowly bring your right ear towards your right shoulder and hold for 5-10 seconds or two deep breaths. Bring your head back to neutral and repeat 2-3 times.
6. Left Lateral Flexion(Bring your left ear to your left shoulder)- Slowly bring your left ear towards your left shoulder and hold for 5-10 seconds or two deep breaths. Bring your head back to neutral and repeat 2-3 times.

Upper Back Stretches

1. Shoulder Shrugs- Bring your shoulders up to your ears and hold for a few seconds and then rotate your shoulders back. Bring your shoulders back to neutral and repeat 3-5 times.
2. Upper Back Stretch- From a seated position, stretch your arms out in front of you and place your palms together. Bend over from your upper back and bring your chin to your chest. Hold the position for 5-10 seconds or two deep breaths.
3. Straight Arm Pull- From a seated position, bring one arm straight across your chest. With your opposite hand grab the straightened arm at the elbow and give a slight pull to create a stretch. Hold the position for 5-10 seconds or two deep breaths. Perform this to both sides and repeat 2-3 times.