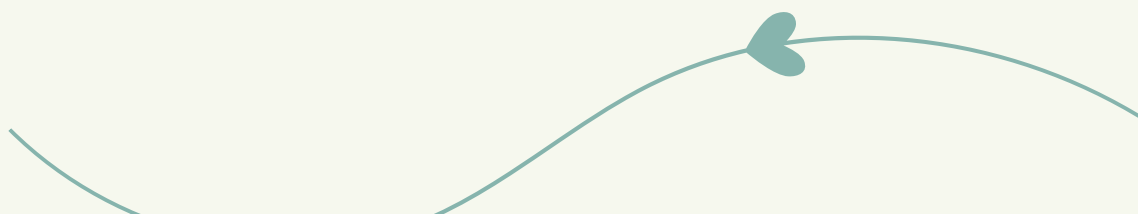




# NECK AND SHOULDER

For pain relief and to maintain regular range of motion.





# INTRO

You can start to train flexibility by incorporating stretches into your routine at least once per day, up to 3-5 days per week. Stretches can be pushed to slight discomfort, but not to the point of excruciating pain. Pay attention to your body and how it feels during stretches. As you begin to get more comfortable, you may gradually increase the intensity or the duration of the stretch to progress safely. It is also important to practice controlled breathing as you perform them. Lastly, remember that consistency is key!

As you explore your mobility and work to improve your flexibility and general physical well-being, remember to modify as needed and listen to your body.

\*modification options can be less dynamic reps, shorter holds, etc.

## **STATIC STRETCHES**

Hold each stretch for 15-30 seconds.

## **DYNAMIC STRETCHES**

Do each stretch for 10-15 reps with 1-2 second holds.

## **LEVATOR STRETCH**



## SUBOCCIPITAL STRETCH



## STERNOCLEIDOMASTOID STRETCH



## SCALENE STRETCH



## SEATED CAT COW

