

UPPER BACK & NECK

Stretching Therapeutic Exercises

GENERAL INSTRUCTIONS:

Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.

Neck Flexion/Extension:

With your chin tucked in and mouth closed, slowly lower your head to your chest. Return to starting position. Relax. Bring your head as far back as possible so you can look up at the ceiling.



1

Levator Scapulae: Sit in a chair. Place your hands behind your head. Slowly move your chin to your chest while turning your head to the right. Repeat on left side.



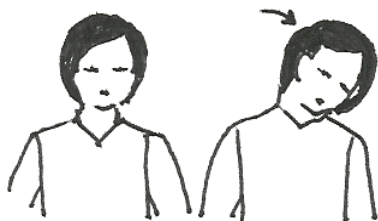
2

Scalleni: Sit in a chair. Clasp your hands behind your back. Lower your left shoulder and tilt your head to the right. Lower your right shoulder and tilt your head to the left.



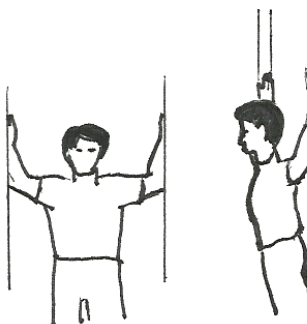
3

Upper Trapezius: Sit in a chair. Clasp your hands behind your back. Tilt and rotate your head to the left, looking toward your underarm. Repeat on the right.



4

Pectoralis: Stand in an open doorway. Raise your hands out to your sides to shoulder level. Bend your elbows and point your fingers toward the ceiling. Put your forearms against the door frame and lean forward until you feel a stretch across your chest.



5

Suboccipitals: Lie flat on your back, or stand against a wall. Place a pillow behind your head. Tuck in your chin and push your head and neck into the pillow.



6

EXERCISE GUIDELINES:

Exhale on exertion. Hold position for 30 seconds and then relax.

Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.