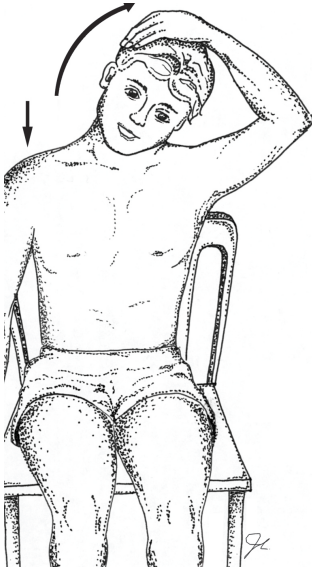


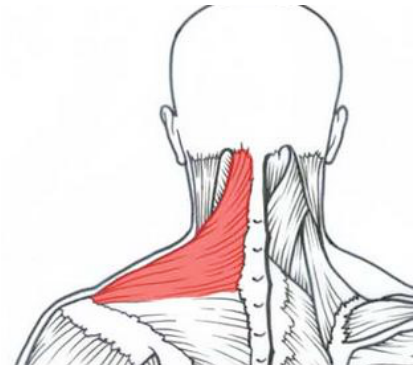
# Stretches for the neck.

## Upper Trapezius Stretch:

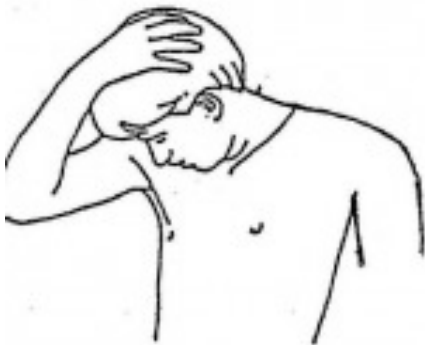


- 1) Sit up straight and hold onto the chair edge or put your hand under your bottom.
- 2) Place one hand over your head.
- 3) Pull your head towards the same shoulder.
- 4) Hold the stretch for 20 seconds.

Repeat each side and do 3-5 times a day.

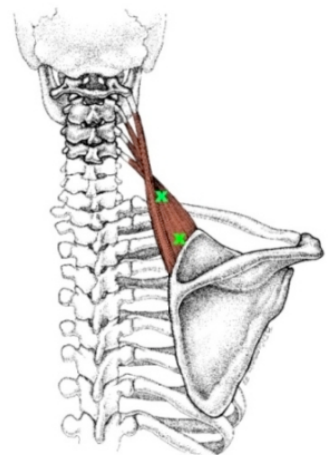


## Levator scapulae stretch:



- 1) Starting from the position of the trapezius stretch, now turn your head and tip it down, so that your nose is in your arm pit.
- 2) Your direction of pull is now downwards, pulling your nose towards your arm pit.
- 3) Hold for 20 seconds

Repeat each side and do 3-5 a day.



### Upper neck:

- 1) Sit in a chair upright and clasp both hands behind your head.
- 2) tuck your chin into your chest and pull forwards and down to feel a stretch at the top of your neck.
- 3) Hold for 20 seconds

Repeat each side and do 3-5 a day



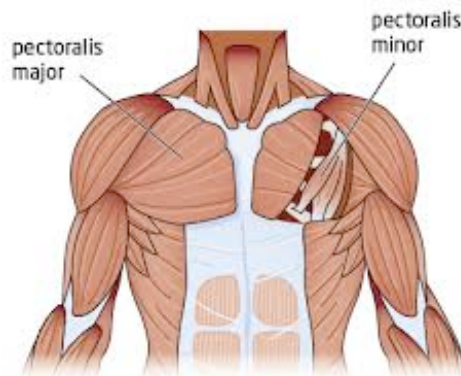
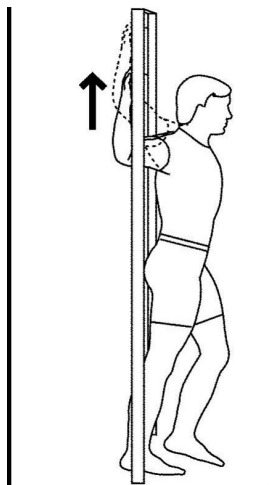
### Pectoralis stretch:

- 1) Stand in a doorway with your upper arm parallel to the floor.
- 2) Bend your elbow 90o and rest your forearm against the frame.
- 3) Step forwards with the same side that has the raised arm.
- 4) Feel the stretch at the front of your shoulder

Hold for 20 seconds

Repeat each side and do 3-5 a day

Variation: Have the upper arm at a 45o angle



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