

# Cervical Stretches

1



## ANTERIOR/MIDDLE SCALENE STRETCH - HOLDING CHAIR

While sitting in a chair, hold the seat with one hand. Next, tilt your head to the opposite side and then rotate your head upward. Hold for a stretch. Return to original position and then repeat. Tip your chin upward to intensify the stretch.

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

Repeat on both sides.

2



## UPPER TRAP STRETCH - HOLDING CHAIR AND HEAD

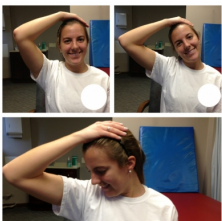
While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown.

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck.

Repeat on both sides.

3



## Levator Scap Stretch

Sitting up straight, side bend your head to one side then rotate down into your armpit. Place your hand on your head and gently pull down to increase your stretch.

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

Repeat on both sides.

4



## Pectoral stretch with raised arm (at 90 degrees)

Stand at a corner or doorway. Place the front of your shoulder and entire arm onto the wall. Slowly turn your body away from the wall until you feel a gentle stretch in the front of your shoulder and chest.

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

Repeat on both sides.

5



## RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND

Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.