

NECK AND UPPER BACK STRETCHES

GENERAL STRETCHING INSTRUCTIONS

- Relax in a comfortable position.
- Stretch Slowly.
- Stretch in a NO PAIN range of motion.
- Do 2-3 repetitions of each, holding 3-5 seconds
- Stretch every 1-1.5 hours – FREQUENCY IS THE KEY!
- STRETCH BOTH SIDES.

NOTES: _____



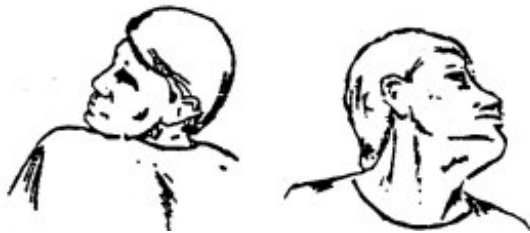
1. COMBINED NECK

- Turn head to left
- Turn to right
- Do not tilt head backwards



2. STERNAL SCM

- Turn head to left
- Lower chin, tilting face downward



3. CLAVICULAR SCM

- Turn head to left
- Tilt head backwards



4. OBICULARIS OCULI

- Close eyes as tight as you can



FRONTALIS

- Close eyes in a relaxed position
- Raise eyebrows as high as possible



5. TEMPORALIS, MASSETER

- Raise eyebrows
- Open jaw as wide as possible
- Move jaw to right and left



6. POSTERIOR NECK MUSCLES

- Lock fingers behind head
- Neck in relaxed, forward position
- Weight of arms and hands increase stretch (DO NOT PULL)