

SHOULDER & NECK PAIN STRETCHES

Whether standing or sitting, a person slouching will “round” his or her shoulders forward. Over time, the chest muscles adaptively shorten and the shoulder blade muscles lengthen so that each area will feel sore. The muscles supporting the spine and rib cage will then no longer function optimally. As a result, impaired breathing can occur. To compensate for the irregular stresses placed in these regions, the muscles will then change their structure and mechanics. Since the neck nerves make the shoulder and chest muscles function, neck stretches are necessary.

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



Side of Neck Stretch



Back of Neck Stretch



Front of Neck Stretch



Back of Shoulder Stretch



Shoulder/
Rotator
Cuff Stretch



Tricep Stretch



Top/Front
of Shoulder
Stretch



Lower Chest
Stretch



Middle Chest
Stretch



Upper Chest
Stretch

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