Head Rotation

Gently turn your head to the right as far as you can comfortably. Hold for 5 seconds. Return to midline and turn you head to the left as far as you can comfortably. Hold for 5 seconds. Repeat sequence 3 times each way.

Neck Stretch

Gently grasp right side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 20 seconds. Switch sides and repeat. Repeat 3 times on each side.

Shoulder Shrug

Shrug shoulders up and down, forward and backward. Repeat 10 times each direction.

CERVICAL SPINE - 29 Chest / Bicep Stretch

Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 20 seconds. Repeat 3 times.

Wrist Stretch #1

Keeping elbow straight, grasp left hand and slowly bend wrist forward until stretch is felt. Hold 20 seconds. Relax. Repeat on other hand. Repeat stretch 3 times on each hand.

Wrist Stretch #2

Keeping elbow straight, grasp left hand and slowly bend wrist back until stretch is felt. Hold 20 seconds. Relax. Repeat with other hand. Repeat stretch 3 times on each side.

Standing Backward Bend

Arch backward to make hollow of back deeper. Hold 10 seconds. Repeat 5 times.

Leg Stretch #1

Pull right heel toward buttock until stretch is felt in front of thigh. Hold 20 seconds. Repeat with other leg. Repeat stretch 3 times on each side.

Leg Stretch #2

Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 20 seconds. Repeat on other leg. Repeat stretch 3 times on each side.