

Neck and Upper Back Stretches

There are six ranges of motion of the neck.

For best results, you should stretch your neck in all six ranges or just stretch the ranges that are painful or tight. To begin, sit with good posture in a chair. Reach and hold the seat of your chair with your hands.

Neck Stretches

1. Neck Flexion (Chin to Chest) – Slowly begin to lower your neck down by lowering your chin down to your chest.
 - Hold for three deep breaths. Return to the start position.
2. Neck Extension (lean your head back) – Lower your head back as far as you can.
 - Hold for three deep breaths. Return to the start position.
3. Right Lateral Flexion (Ear to Shoulder) – Lower you right ear towards your right shoulder.
 - Hold for three deep breaths. Return to the start position.
4. Left Lateral Flexion (Ear to Shoulder) – Lower you Left ear towards your right shoulder.
 - Hold for three deep breaths. Return to the start position.
5. Right Rotation (chin to shoulder) – Slowly turn your head to the right. Your chin will be close to your right shoulder.
 - Hold for three deep breaths. Return to the start position.
6. Left Rotation (chin to shoulder) – Slowly turn your head to the left. Your chin will be close to your left shoulder.
 - Hold for three deep breaths. Return to the start position.

Upper Back Stretches

1. Shoulder Shrugs

Shrug your shoulders to your ears and hold tightly for 2-3 seconds, still holding tightly rotate your shoulders back (you should feel a stretch in the pectoralis, or chest muscles) and then relax them down into normal position.

Repeat for 5 times.

2. Upper Back Stretch

Stretch your arms out in front of you and rotate your hands until your palms face away from each other.

You can either put both of the back of your hands together or you can put your palms together.

Then bend over at the upper back like you are diving off the diving board. Be sure and flex your head (chin to chest).

3. Shoulder Shrugs

From a seated position, cross one arm horizontally across the chest.

With the opposite hand, grasp the horizontal arm at the elbow and give a slight Pull.

Hold for three deep breaths. Return to the start position and repeat with the opposite arm.