

# STRETCH NECK & SHOULDERS



**Goal:** Set a reminder to stretch every morning when you wake up, even for only 5 minutes. A habit of stretching is safe, will prevent injury, improve posture, correct muscle balance and soothe arthritic pain. Let's get started with neck and shoulders.

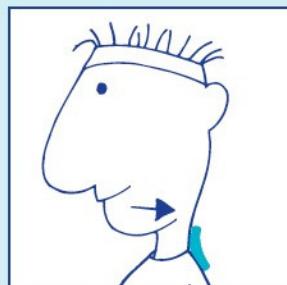
## NECK



1. Trapezius: Keeping shoulders down and level, stretch head to side.

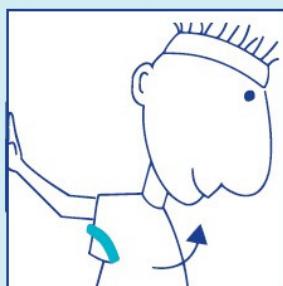


2. Neck Rotation: Slowly twist head to look over shoulder.

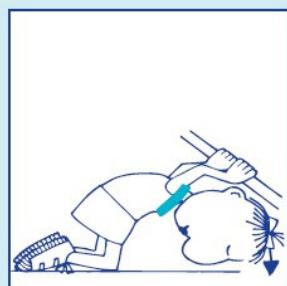


3. Neck Retraction: Keep head level and gently push chin back.

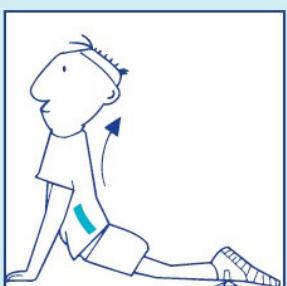
## SHOULDERS



4. Pectorals: a) Palm against wall at head height, twist body away.



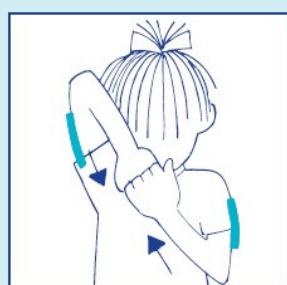
b) Hands on desk, bend head and shoulders down and forward.



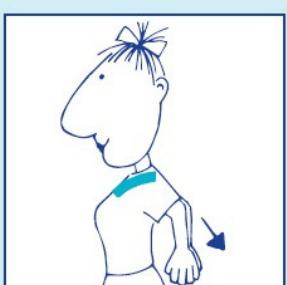
c) Lying on front, keep legs straight and arch back upwards. Look up.



5. Rotator Cuff: a) Forearm over opposite shoulder, push elbow backwards.



b) Aim to link hands behind back.



6. Shoulder Flexors: Lock fingers stretch arms down and back.