

Active Health Solutions

Cervical Stretches



Make sure you are in neutral pelvis position with shoulder blades down and back.



Upper Trapezius

Gently grasp side of head while reaching behind back with the other hand. Tilt head away until a gentle stretch is felt.

Hold for _____ seconds.

Do _____ sets per session.

Do _____ sessions per day.



Neck

Grasp arm above wrist and pull down across body while gently tilting head in the same direction.

Hold for _____ seconds.

Do _____ sets per session.

Do _____ sessions per day.



Chest/Bicep

Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms.

Hold for _____ seconds.

Do _____ sets per session.

Do _____ sessions per day.



Corner Stretch

Standing in corner with hands just about shoulder level and feet _____ inches from corner, lean forward until a comfortable stretch is felt across the chest.

Hold for _____ seconds.

Do _____ sets per session.

Do _____ sessions per day.



Levator Scapula Stretch

Place hand on same side shoulder blade. With other hand, gently stretch head down and away.

Hold for _____ seconds.

Do _____ sets per session.

Do _____ sessions per day.



Lower Cervical/Upper Thoracic Stretch

Clasp hand together in front with arms extended. Gently pull shoulder blades apart and bend head forward.

Hold for _____ seconds.

Do _____ sets per session.

Do _____ sessions per day.