

## SCM Stretch



Sit on chair. Grasp seat of chair with right hand.

Place left hand on head and gently pull head toward the left shoulder. Maintain pressure and turn head to the right, until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

## Posterior Neck Stretch



Place hand on back of head.

Gently push chin to chest, until a stretch is felt.

Hold for 10-15 seconds.

Repeat three times, at least three times daily.

## Levator Scapula Stretch



Sit on chair. Grasp seat of chair with right hand.

Place left hand on head and gently pull forward and to the opposite side at the same time, until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

## Thoracic Paraspinal Stretch

Sit in a chair to stabilize hips.

Cross arms at mid forearm, and slowly roll forward, until a stretch is felt

Hold for 10-15 seconds.

Repeat three times, at least three times daily.

## Trapezius Stretch

Place right arm behind back, and grasp wrist with left hand as shown.

Bend neck sideways to the left while pulling on right arm.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

## Scalenes Stretch

Stand, holding hand behind back.

Lower left shoulder, then tilt your head to the right. Slowly roll head backwards until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.



## Rhomboid Stretch

Bring left arm across front of body as shown.

Hold elbow with right arm and gently pull arm across chest, until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.



## Serratus Posterior Superior Stretch

Begin standing with arms hanging loosely to the sides.

Breathe in slowly and as deeply as possible, while slowly raising arms to the side until above head.

Hold for 5 seconds.

Slowly exhale while lowering arms back to sides.

Repeat 3-6 times, at least three times daily.



## Serratus Anterior Stretch

Place right arm behind back, and grasp wrist with left hand, as shown.

Bend neck sideways to the left while pulling on right arm.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.



## Teres Stretch

Place right arm over and behind head with elbow bent, as shown.

Grasp right wrist with left hand and pull gently, until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.



## Supraspinatus Stretch

Sit on chair (or stand) near wall. Place left arm straight out to the side with elbow straight, and place hand against wall.

Move waist sideways away from the wall until a stretch is felt in the arm.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.



## Latissimus Dorsi Stretch

Raise right arm above and behind head as shown.

Hold elbow with left arm.

Pull arm gently as you bend your trunk to the left, until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.



## Infraspinatus Stretch



Place both hands on the back at waist level with palms facing forward.

Lean over and allow elbows to drop toward floor, until stretch is felt.

Hold for 10-15 seconds.

Repeat three times, at least three times daily