

Neck, Upper Back & Leg Stretches

Please consult your chiropractor before beginning these exercises

- Each of these exercises should be performed for both sides of the body.
- For each exercise move to a **maximum range of motion** and hold for **10-15 seconds**, repeat **3 times**.
- Make sure you hold good posture and continue breathing with a relaxed face while stretching.



- Sit with good posture
- Hold the seat of the chair with one hand
- Tilt your head in the opposite direction
- Use your other hand to apply gentle pressure to increase the stretch



- Turn your head 45 degrees away from the hand holding the chair
- Tilt your chin down
- Use your other hand to apply gentle pressure to increase the stretch.



- Sit with good posture. Rotate your head to one side.
- Place the opposite hand on your cheek. Inhale and gently rotate your head into your hand while keeping the hand firm.
- Look in the direction you are turning. Hold for 5 seconds and exhale as you look behind you and rotate your head into the stretch.



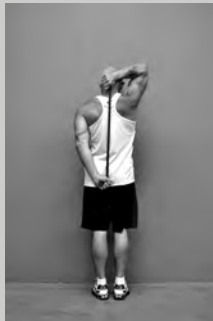
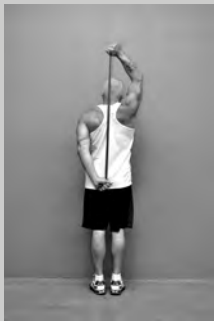
- Maintain upright posture & let your head drop towards your chest. Place one hand on the back of your head & one on your chin.
- Tuck your chin & gently stretch the back of your neck by drawing your head towards your chest.
- Take a deep breathe and gently press your head into your hand without letting your head move.
- After 5 seconds, relax as you exhale & gently move your head towards your chest.



- Stand holding one hand behind your back with the other. Start holding your left hand with your right.
- Drop your left shoulder and tilt your head to the right.
- Roll your head backwards, slowly, until you feel the stretch.
- Repeat on the other side.



- Reach one arm as far down between your shoulder blades as possible.
- Look as far as you comfortably can to the opposite side.
- Take a deep breath in and hold for 5 seconds. As you exhale, look downward as far as you comfortably can toward your shoulder.



- Standing with proper posture, bring your arms behind your back and grip a towel as shown.
- Pull up with your superior arm as far as possible and hold for 30 seconds.
- Pull down with your inferior arm and hold for 30 seconds
- Swap arms and repeat.



- Standing upright with shoulders back, put heel on the chair.
- Keep stomach tight.
- Place arms across the chest, as you lean forward, bring foot back toward you.
- Hold for 20 seconds.
- Swap leags and repeat.



- Standing with shoulders back, head up, leg straight, foot up against the wall with heel as far as possible.
- Push hips forward towards wall.
- Hold position for 20 seconds.
- Swap leg and repeat.



- Standing upright, shoulders back, head up.
- Bend both arms.
- Hold end of exercise band with one hand (in palm of hand).
- Hold on to band with other hand.
- End of band arm, pin elbow into your side.
- Move arm in and out 40cm
- Keep band tight at all times.



- Straight arm against the wall.
- Turn head opposite way.
- Bring hip around.