

NECK

N1 ()



Scalene Stretch: ___ reps, ___ sec hold, ___ set
Place your right arm across your body
Tilt your head to your left side
Pull right arm to increase stretch. Repeat on other side.

N2 ()



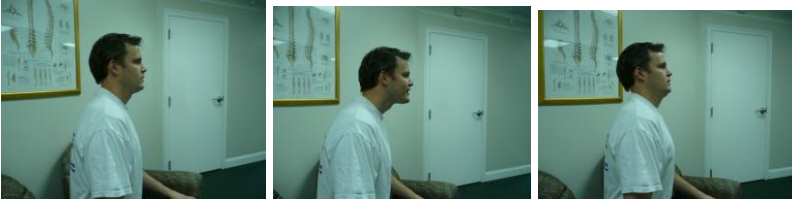
Levator Stretch: ___ reps, ___ sec hold, ___ set
Place your right hand behind your neck
Look toward your right armpit
Pull head toward armpit. Repeat on other side.

N3 ()



Wall Supported Scalene/Levator Scapula Stretch: ___ reps ___ sec hold ___ set
Scalene is stretched with (side) lateral flexion and levator scapula is stretched with movement toward the armpit
This stretch restores movement in the cervical spine.

N4 ()



Axial Retraction Chin: ___ reps ___ sec hold ___ set
Jut jaw forward keeping chin level
Feel the joints in the back of the neck move as you move forward
Repeat moving head backward
This stretch restores movement in the joints in the back of the neck

N5 ()



Diagonal Upper Trapezius Stretch: ___ reps ___ sec hold ___ set
This stretch unsupported stretches the Trapezius muscles
Pull neck to tolerance

N6 ()



Scalene Stretch: ___ reps, ___ sec hold, ___ set
Place right foot on towel and hold taut in right hand.
Pull head to left side with left hand.

N7 ()



Corner Stretch: ___reps ___sec hold ___set
Put forearms against wall and lean into the corner
You should feel the stretch in your chest not shoulders

N8 ()



Upper Back Stretch: ___reps ___sec hold ___set
Cross your hands and press forearms together to separate shoulder blades. Then lower head to stretch mid back while reaching further and further out in front.

N9 ()



Neck Isometrics
___reps ___sec hold ___set

Push head into hand
Keep head and neck straight do not move your head
Avoid putting pressure on temple or other sensitive areas that cause pain
Push contracting muscles to strengthen neck
Perform to tolerance

Stretching Guidelines:

- Always stretch to relax your muscles by focusing on isolating the muscle and your breathing.
- Stretch to tolerance with deliberate focus on relaxing the targeted muscle group.
- Do not stretch to the point of pain because pain tightens muscles and defeats the purpose of stretching.
- Move slowly in and out of your stretches, do not make quick or jerky movements and do not bounce with stretching. Hold your stretches for the instructed amount of time, including reps and sets.
- If you have pain, burning, numbing, tingling or any other ill-effects from stretching, *stop ALL* stretches and home therapy recommended by our office and call Dr. Parks at 336.993.9690