

Neck and Mid-back Rehabilitative Stretching

Name: _____ Date: _____

1. Please understand that Rehabilitative Stretching is different than standard stretching before exercise.
2. To establish length it is important to stretch multiple times throughout the day.
3. Hold stretches to a count of six, ____ repetitions and do this ____ times per day.
4. Perform all circled stretches above and if at any time significant pain results, stop immediately and report to your doctor.
5. It is important not to bounce while stretching and do not produce pain. Remember to breathe.

1. Upper Trap Stretch



2. Lateral Neck Stretch



1. Upper Trap Stretch: While sitting in a chair, flex your head forward at a 45° angle. For more of a stretch, place one hand on your head and gently let the weight of your hand flex your head forward further.
2. Lateral neck Stretch: While sitting in a chair, bend your head to the side. Sit on and grab chair with arm you're stretching away from. For more of a stretch, place one hand on your head and gently let the weight of your hand bend your head to the side further.

3. Rhomboid Stretch

a.



b.



- a. Description: While sitting in a chair reach down and grasp the outside of your opposite foot with one hand (as shown in the picture). Place your opposite hand on your same knee. Slowly lean back with your arm straight to stretch your rhomboids.
- b. Description: While sitting in a chair, reach down and grasp your opposite knee with one hand (as shown in the picture). Slowly lean back with your arm straight to stretch your rhomboids.

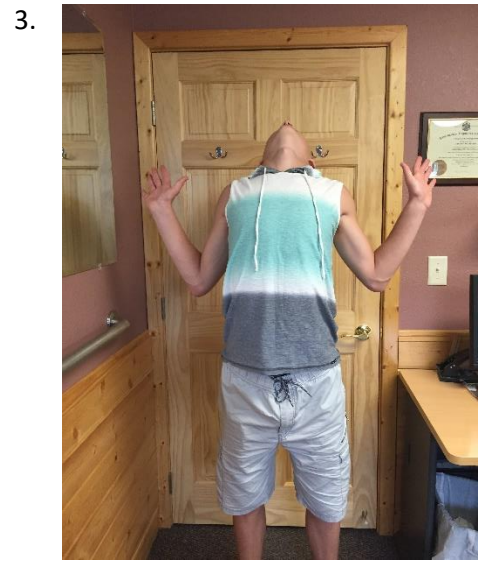
Pectoral Stretch



Description: At a doorway, place hands on door frame and put one foot forward, lean your upper body in to the doorway.

Hand Position: You may vary the height of your hands on the door frame to vary the areas being stretched.

Postural Exercises



1. While standing, stretch arms behind you (palms towards the ceiling, thumbs pointing inward), flare your fingers out, and look up

2. While standing, stretch arms behind you (thumbs pointing up), flare your fingers out, and look up

3. While standing, keep arms at your side, bend elbows and squeeze your shoulder blades together, flare your fingers out, and look up