



STRETCHING EXERCISES

Stretch 4-6 times per day and hold each stretch for a minimum of 30 seconds.

Perform the stretch gently without bouncing. Discuss any problems with your Chiropractor.



Neck & Shoulder 1

Sit upright with your head and shoulder fully relaxed. Lightly hold on to the side of your chair with one hand, turn your head away from this side at a 45° angle and tilt your chin down towards your chest.



Neck & Shoulder 2

Do the same as above, but turn your head TOWARDS the side that you're holding on to the chair.



Side of Neck

Lie on your side with your head over a rolled up towel. Allow the action of gravity to let your head stretch your head under its own weight. DO NOT pull it any more forcefully than this



Upper Neck

Whilst sitting, tuck your chin in and hold this with one of your hands. Lift the other hand up and grip under the back of your head. Gently traction your head up with this hand while ensuring the chin is still tucked in with the other hand.

Balanced
Younger
Stronger
Healthier



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Jersey

CHIROPRACTIC CENTRE
Your Recovery Starts Here

How do You
want to Feel...?



Upper Back

Stand up with your arms out straight, placing one hand on top of the other. Let your head drop forward while you try and push your shoulders and arms further forward.



Chest

Stand in a doorway or against a wall. Put your arm up, holding it straight against the doorway, above the level of your own shoulder. Turn your body away from the arm and feel a stretch over the front of your chest.



Back of Arm/Shoulder 1

Lift one arm above your head, allowing it to bend behind your neck. Hold the elbow of this arm with your other hand. Pull with your hand to feel the stretch under the shoulder of the first arm at the back of your upper arm.



Back of Arm/Shoulder 2

Reach the affected arm across your chest towards the opposite hip. Hold on to the elbow with the opposite hand and traction the arm across your chest towards the opposite hip to feel a stretch at the back of the affected arm and shoulder.

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More Flexible

