

**1** i) Side bend the head so that the ear of the good side moves towards the same shoulder. Hold for 10.

ii) Then without changing the degree of side stretch, rotate the head and face towards the painful side, stretching the cheek towards the ceiling. Hold for a count of 10.

iii) Return the head to the initial side stretch position. Now rotate the head and face, this time aiming the chin in toward the collar bone. Hold for 10. Repeat on other side if necessary.



**2** Grasp hands behind head. Drop the head forward, aiming the chin for the chest. Allow the weight of the head, acting with gravity, to stretch the posterior neck muscles. In doing so the chin will reach the lowest possible point on the chest. It is important to try to avoid pulling the chin in towards the throat during this stretch.



**3** i) Turn the head 20 to 30 degrees towards the unaffected side. Gently press the head forward and toward the unaffected side, stretching slightly more forward than sideways. Repeat the above, but rotate the head 30 to 40 degrees to the side. Repeat on other side if necessary.



**4** i) Bend head and neck backwards, rotating the face to one side. The front of the neck will be stretched on the opposite side.

ii) Turn the head to one side, then at full rotation tilt the chin towards the shoulder. The front of the neck will be stretched on the same side. Repeat on other side if necessary.



**5** i) Bend the head to the unaffected side, pressing the ear towards the front of the shoulder. While holding this position, grasp the wrist of the arm on the affected side behind the back and pull slightly toward the side of the bend. Repeat on other side if required.

ii) Sitting in a chair, cross each arm over the opposite leg. bend forward, head dropped. Should feel it along the back of the shoulders and shoulder blades. Hold for 5 to 10 seconds.



**6** These are really chest stretches, but hunched shoulders and hyper-extended necks can be caused by tight chest muscles, so we should include them in this stretch program. With forearms placed firmly on each side of a doorway, stretch the body through the outstretched arms, opening the chest and front shoulder.

The stretch should be performed three times: i) Palms at ear level ii) elbows at shoulder level iii) and palms well above head level.

