

Upper Body Stretches



Upper Trapezius

- Sidebend head towards your right shoulder whilst keeping shoulders as low as possible
- Pull towards shoulder without bending upper body to increase stretch.
- Stretch should be felt along top of left shoulder and left side of neck



Levator Scapulae

- Rotate head 45° to the right and pull forward in same direction
- Stretch should be felt on left side of neck down to shoulder blade

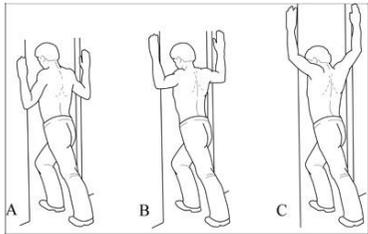
Stretches should be held for 30 seconds and if you feel any pain please consult your Chiropractor.
Perform stretches repeat on both sides.

Upper Body Stretches

	<p>Scalene:</p> <ul style="list-style-type: none"> • Rotate head 45⁰ to the right and pull head backwards • Stretch should be felt down the front left aspect of neck 		<p>Forearm A:</p> <ul style="list-style-type: none"> • Make a fist with your right hand and pull with left hand in towards elbow • Keep elbow straight. • Stretch should be felt along outside of right forearm
	<p>Forearm B:</p> <ul style="list-style-type: none"> • Repeat Forearm A position whilst pulling fist down • Stretch should be felt along top of right forearm 		<p>Forearm C:</p> <ul style="list-style-type: none"> • Keeping right elbow straight, pull fingers back • Stretch should be felt along underneath side of right forearm

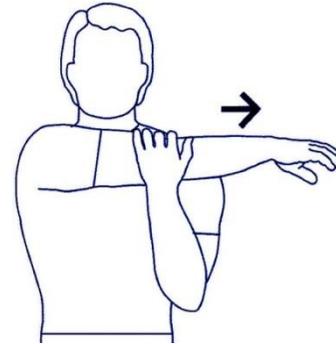
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Upper Body Stretches



Chest:

- Stand in open doorway with elbows on doorframe
- Lean through doorway to feel stretch across chest
- Alter the height of your arms as shown in the picture to stretch the whole muscle
- Hold each arm position for 30 seconds



Rear of Shoulder & Upper Back:

- Place arm horizontally across body
- Use other arm to pull the horizontal arm across your body

Stretches should be held for 30 seconds and if you feel any pain please consult your Chiropractor.
Perform stretches repeat on both sides.