Russ Medical and Sport
MASSAGE CLINIC

NECK AND UPPER BACK STRETCHES

GENERAL STRETCHING INSTRUCTIONS

- Relax in a comfortable position.
- Stretch Slowly.
- Stretch in a NO PAIN range of motion.
- Do 2-3 repetitions of each, holding 3-5 seconds
- Stretch every 1-1.5 hours – FREQUENCEY IS THE KEY!
- STRETCH BOTH SIDES.

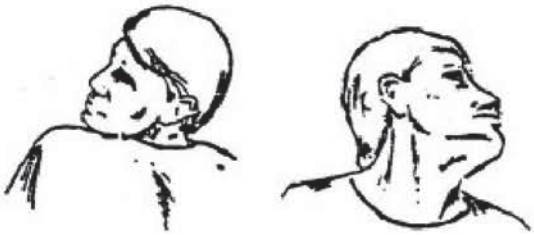
NOTES: _____

1. COMBINED NECK

- Turn head to left
- Turn to right
- Do not tilt head backwards

2.STERNAL SCM

- Turn head to left
- Lower chin, tilting face downward



3. CLAVICULAR SCM

- Turn head to left
- Tilt head backwards

4. OBICULARIS OCULI

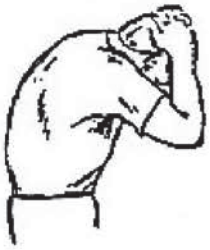
- Close eyes as tight as you can

FRONTALIS

- Close eyes in a relaxed position
- Raise eyebrows as high as possible

5. TEMPORALIS, MASSETER

- Raise eyebrows
- Open jaw as wide as possible
- Move jaw to right and left



6. POSTERIOR NECK MUSCLES

- Lock fingers behind head
- Neck in relaxed, forward position
- Weight of arms and hands increase stretch (DO NOT PULL)

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7. UPPER TRAPEZIUS, LEVATOR AND SCALINI

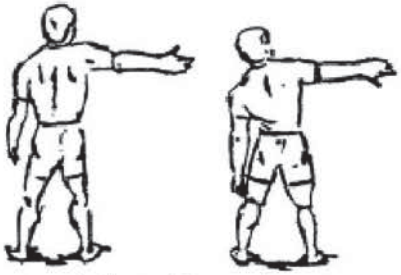
- Grasp arm at wrist and pull arm down and across the back
- Bend head toward opposite shoulder
- Rotate head to varying angles as you continue to lean head to shoulder

- Anchor shoulder
- While facing forward, gently pull head straight toward opposite shoulder.

- Turn chin slightly toward direction of pull
- Continue pull of head to opposite shoulder

- Turn chin away from direction of pull
- Continue gentle pull of head to opposite side

8. COMBINED SHOULDER – UPPER ARM



- Arm extended to side - palm up
- Rotate arm forward to palm up in opposite direction – reverse and repeat

9. POSTERIOR-MID DELTOID, TRAPEZIUS

- Cup opposite arm just above elbow
- Keeping the arm straight – pull arm across the body at chest level

10. PARAVERTEBRALS, LATISSIMUS AND QUADRATUS LUMBORUM

- Head Down
- Arch back upward

- Shift to sitting on heels position

- Shift buttock to sit on right heel as you shift the arms to the left
- Shift buttock to sit on left heel as arms shift to right
- Repeat

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