



5734 W 13400 S Suite 200 Herriman, UT 84096

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Neck Stretches

All the following stretches should be done in 30 second intervals

Ball Exercises- (Sit on ball for at least ten minutes a day in loaded position)

Hand sit: Start by sitting on an exercise ball with your knees at a 90-degree angle feet shoulder width apart planted flat on the ground. Sit on right hand palm up using left hand to grab the right side of you head pulling it to the left hold for thirty seconds and repeat on opposite side. Repeat stretch on both side with palm down.



Collar Bone Clamp: Start by sitting on an exercise ball with your knees at a 90-degree angle, feet shoulder width apart planted flat on the ground. Place right hand on left side of collar bone putting pressure on collar bone and lean your head to the right, hold stretch for thirty seconds, repeat on other side.



Standing Exercises-

Neck Extension: Standing straight with feet shoulder width apart placing hands behind back clasp hands looking up and push hands toward ground. Hold stretch for 30 seconds



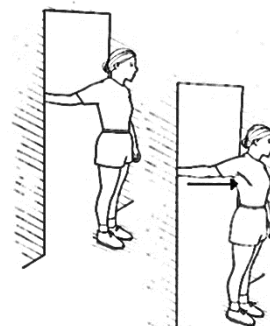
Side Stretch Neck Extensions: Standing straight with feet shoulder width apart take right hand and grab middle three fingers on left hand. Pull with left hand with right leaning your head to the right as you pull. Hold stretch for 30 second and repeat on other side.



Back and Posture Stretches

Doorway Stretches: Start with your hand on the door frame shoulder height.

Holding the frame of the door step forward keeping your hand on the doorframe pushing your hips and torso out with your arm behind you. Hold this stretch for 30 seconds. Move hand up the door frame and repeat stretch. Continue moving your hand up the doorframe and repeat stretch as far as is comfortable. Repeat stretches with other arm.



Corner Stretch: Stand facing the corner of the room. Lift elbows out to your sides and place hands on adjacent walls with elbows placed a little lower than your shoulders. Lean chest in towards the corner and hold for 20-30 seconds.



Bridge: This stretch is done on an exercise ball. Sitting on the ball roll out until the ball is under your shoulders with your feet planted flat on the ground. Pick yourself up until your body is at a 90-degree angle and hold for 30 seconds

Start

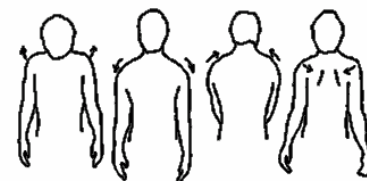
Finish



Ball Stretch: Sitting on an exercise ball roll out until the ball is under your mid back. Lay on the ball letting your back curve around the ball and hold for 30 seconds.



Reverse Shoulder Circles: Start with your back as straight as possible and roll your shoulders up toward your head and then toward your back. Keep rolling your shoulders back completing full circle doing two sets of five. (trying to touch your shoulder blades as your roll back)



Wall Stretch: With your back to a wall step back until your back is touching the wall put your arms up and against the wall bending at the elbow. Place the back of your head, arms, wrists and calves against the wall keeping your back as straight as possible and going as flat against the wall as you can. Hold this stretch for thirty seconds





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