

Exercises For Neck Stretching

Sleeper stretch

- Lying on your side with the arm on the floor at shoulder height and elbow bent 90°.
- Using your other hand, turn the arm in/ down and slowly roll your chest/torso forward.
- A stretch should be felt in the back of the shoulder not the front. 2
- Slowly rock over your shoulder repeatedly.
- Perform 8-12 times, twice day.



Lat stretch

- Stand facing a wall with both hands on the wall at shoulder height and width.
- Bend over from hips, keeping your back straight and hands still on the wall.
- If you are struggling to keep back straight when positioning yourself place your arms a little higher.
- Take a breathe in, and gently squeeze down into the wall with your arms.
- As you breathe out, relax your arms and let your weight drift backwards increasing the stretch through upper back and shoulders.
- Repeat 3-5 times, twice day.



Wall lean

- Start by kneeling, facing the wall with both hands on the wall at shoulder height and width.
- Lean forward and support your head on folded arms propped against the wall.
- Your low back should be straight, if it is not the distance you are kneeling from the wall will need to be adjusted.
- Keep your chin slightly tucked in and avoid shrugging your shoulders up towards your ears.
- Once in the proper position breathe in (you will notice that your mid-back rounds backwards slightly).
- Then let your breath go while you let your breast bone collapse towards the wall.
- When almost out of breath actively exhale or cough to help bring your chest closer to the wall.
- Repeat 8-12 times, twice day.



If knees are sensitive you may want to try a seated alternative to this Wall Lean. Perching on the edge of a chair with legs slightly apart and turned out. Continue as detailed above