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Neck Stretches:

1. Chin tuck with Neck Flexion: Sit on hands as above. Begin by tucking your chin as if making a double chin.
Slowly bend neck forward while keeping chin tucked. Apply overpressure if needed with one hand.
Can also be done by using a theracane to stabilize the upper shoulder/neck.



2. Neck Side bending: Sit on your right hand or reach down the therapy ball with your right hand. Bend your neck to the left side as far as you comfortably can.
If you want a greater stretch rest your left hand on your head to apply gentle overpressure. Repeat for the other side.
Can also be done while using a theracane to stabilize the upper shoulder/neck.



3. Neck Rotation: As in the above stretch you will sit on your hands or stretch them down the therapy ball. Turn your head as far as you can to one side. Gently apply overpressure to increase intensity.

Repeat for the opposite side.

Can also be done by using a theracane to stabilize upper shoulder/neck.



Upper Extremity Stretches:

1. Shoulder Protractors/Retractors: Reach your arms forward as far as possible allowing your shoulder blades to come forward. Now bring your elbows back and open your chest as far as possible.



2. **Shoulder Adduction:** Reach your arm all of the way across your chest. Apply overpressure with your opposite arm by pulling the stretched arm toward you.



3. **Shoulder Extension:** Lace fingers together behind your back. Lean forward and stretch arms upward toward your head. You can also complete this by placing arms on the therapy ball behind you and rolling your body down toward the floor. Hold for 90-120 sec.



4. **Shoulder Abduction/Pectoral Stretch:** Go to a corner in the room for this stretch. Place elbow on the walls with shoulders and elbows at 90 degrees and fingers pointing toward the ceiling. Lean into the wall as far as you can and hold for 90-120 sec.



5. **Upper Extremity Fascial Stretch:** Place your hand against a wall with fingers pointing away from you. Walk away from the wall in a rotation until you feel a stretch throughout your arm. You can vary this stretch by placing your hands in different places on the wall. Experiment with positioning until you feel the greatest stretch and then hold for 90-120 sec.

