



CHIROPRACTIC

# HomeRehab

## Cervical & Thoracic Stretches

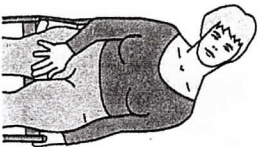
### Tip for Stretching

- Hold stretch steadily. Don't bounce.

### Caution

- If stretching causes pain, discontinue and consult your chiropractor.

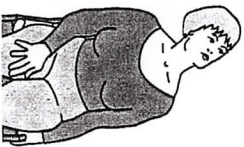
### SCALENES



Hold your chair seat and bend your neck to the side until you feel a *gentle* stretch.  
Repeat on opposite side.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_

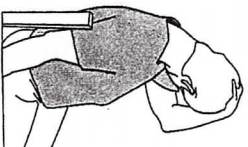
### ANTERIOR SCALENES



Holding your chair seat, angle your head back to the opposite side until you feel a *gentle* stretch.  
Repeat on opposite side.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_

### LEVATOR SCAPULAE



Turn head to the left. Then bend your head down to feel a stretch above your right shoulder blade.  
Repeat on opposite side.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_

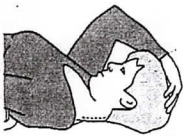
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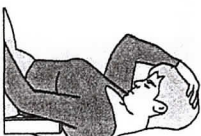
### SUBOCCIPITALS



Tuck your chin, then pull head forward until you feel a *gentle* stretch in your *upper* neck.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_

### POSTERIOR CERVICALS



*Gently* bend your neck down to feel a stretch in the back of your neck.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_

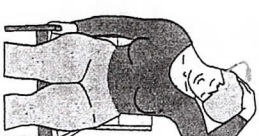
### ANTERIOR CERVICALS



Pull your collar bones down and *gently* bend your neck back.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_

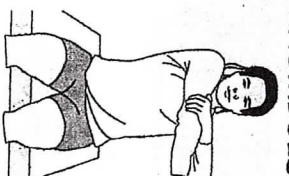
### UPPER TRAPEZIUS



Hold chair seat with your right hand. Nod down to the left. Turn chin slightly to the right. With left hand *gently* push back of head downward to the left. You should feel a stretch in right side of neck and the top of right shoulder.  
Repeat on opposite side.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_

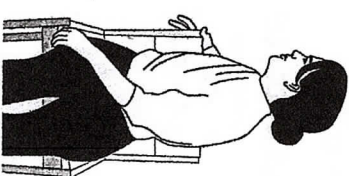
### RHOMBROID



With your left hand, pull your right arm to feel a stretch between your spine and right shoulder blade.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_

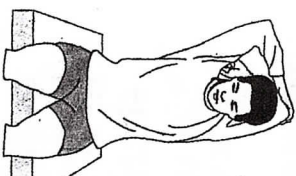
### TWISTER



Twist around toward the back of your chair to feel a stretch in your middle back.  
Repeat on opposite side.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_

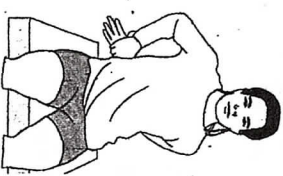
### TERES



Pull your left elbow to feel a stretch on the outside of your left shoulder blade.  
Repeat on opposite side.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_

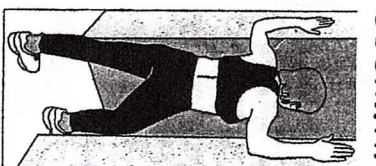
### SERRATUS



Pull your left arm until you feel a stretch under left shoulder blade.  
Repeat on opposite side.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_

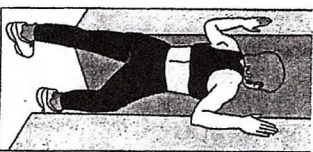
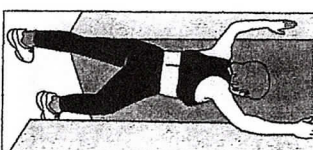
### DOORWAY PECTORALS



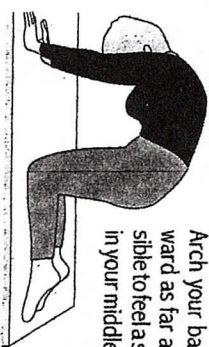
Position your arms on the edge of a doorway as shown. Then, keeping your back straight and your pelvis tucked, step through the doorway to feel a stretch across the front of your shoulders.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_

**Variations:** Raise and then lower your elbows to stretch all your pectoral muscles.



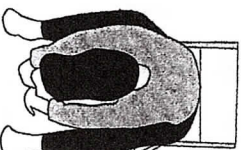
### CAT STRETCH



Arch your back upward as far as possible to feel a stretch in your middle back.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_

### CHAIR TRACTION



Bend down between your knees. Let your head hang down. Relax.

HOLD \_\_\_\_\_  
REPEAT \_\_\_\_\_