

8 Head Roll

Stretches:

Cervical/Upper Thoracic Spine,
Neck Extensors,
Upper Trapezius

Releases:

Suboccipitals (deep upper neck),
Levator Scapulae, Rhomboids

Cautions: Neck pain
Precautions: Ensure straight
neck alignment. Use a folded
towel.

Action:

- Put top of head on wall
- Hang arms down
- Lift heels to roll head up
- Also roll up/left, up/right
- Hold the stretch, or roll



9 Neck Release

Releases:

Neck & Throat tension,
Upper Trapezius

Action:

- Bolster under head
- Hand on forehead,
elbow level with hand
- Slowly, gently roll head
side to side, using the
whole arm
- Relax neck
- Roll



10 Pull Behind

Stretches:

Upper Trapezius,
Levator Scapulae, Scapulae,
Middle Deltoid, Biceps

Action:

- Grasp wrist behind
back
- Pull down & across
- Side-bend head away
- Hold the stretch



11 Shoulder Raise

Stretches:

Interior Shoulder Joint,
Pectorals, Latissimus Dorsi

Action:

- Hold a bar over
head, hands
shoulder width apart
- Stretch backward
- Hold the stretch



12 Front Shoulder

Stretches:

Anterior Shoulder Joint, Biceps,
Anterior Deltoid, Pectorals

Action:

- Hold bar with hands
shoulder-width apart,
palms forward
- Lift bar upward
- Hold the stretch



13 Front Shoulder + wall

Stretches:

Biceps, Anterior Deltoid,
Pectorals

Action:

- Place hand on a wall or
a door way
- Arm straight
- Turn away
- Vary height of arm
- Hold the stretch



14 Biceps

Stretches:

Biceps

Action:

- Hold bolster behind
back
- Lift upward
- Keep arms straight
- Hold the stretch



15 Shoulder Circles

Stretches:

Anterior shoulder muscles,
Rhomboids, Upper Trapezius,
Scapulae, Levator Scapulae

Releases:

Neck, Shoulders, Chest

Action:

- Lift shoulders up
- Roll backwards & down
- Then roll to front
- Reverse direction
- Roll in circles

