

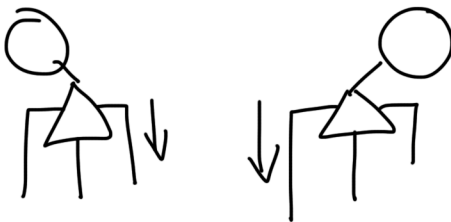
Stretches

Stretching Tips

- Slowly get into stretches, don't move fast
- Have good posture - Sit/stand up straight
- Hold stretches for at least 20 seconds
- Try to do stretches 3 times a day
- You should feel the benefits after a couple days
- You should feel a nice stretch, if there is pain you may be pushing too far
- Get into a routine - Wake up
 - Before work
 - After work
 - Before bed
 - While watching TV
- There are so many ways to stretch, have a look on Google and YouTube

Neck Stretches

Side to Side



- Slowly bend your neck to the side
- Make sure you don't raise your shoulder
- To feel the stretch more pull your shoulder down
- Hold for at least 20 seconds
- Repeat on the other side

Diagonal Down



- Rotate your head to the right 45 degrees
- Place your right hand on the back of your head
- Stretch your head forward and down
- You should feel the stretch in the back of your neck + shoulder
- Hold for at least 20 seconds
- Repeat on the other side

Diagonal Back



- Rotate your head 45 degrees
- Lift head upwards and back
- This will stretch the front of your neck
- Hold for at least 20 seconds
- Repeat on the other side