

**Notes :**

**1 Active cervical flexion**



Stand or sit tall.

Slowly bend your chin to your chest to look down at the floor.

Hold for 30 seconds.

Return to the neutral position.

Repeat 3 times.



**2 Cervical side bending**



Tuck your chin inward and lengthen your neck, as if there is a rope pulling the back of your head upward. Without turning the head, tilt your head sideways to bring your ear to your shoulder.

Hold for 30 seconds.

Return to neutral position then repeat on the opposite side.

Perform 3 repetitions on each side.



**3 Active neck rotation**



Sit or stand up tall in proper posture.

Tuck your chin in and turn your head to one side to look over your shoulder.

Hold for a few seconds and then slowly bring it back and over to the other side.

Continue rotating your head from side to side to perform 10 repetitions on each side.



#### 4 Shoulder elevation/depression



Sit or stand tall in proper posture.

Shrug your shoulders up towards your ears.

Hold for a 5 seconds and then relax.

Stretch your hands down towards the ground.

Hold for 5 seconds and then relax to neutral position

Continue to move shoulders up and down 10 times in each direction.



---

#### 5 Brugger exercise



Stand or sit on a chair with your arms relaxed on your sides.

Rotate your arms in order to point your thumbs backward and to open the chest.

Squeeze the shoulder blades together, keep your chin tucked in and hold this position 30 seconds.

Repeat 3 times.



---

#### 6 Upper back stretching



Clasp your hands together by interlocking your fingers and lift your arms straight out in front of you.

Round your upper back to feel a stretch between your shoulder blades .

You can progress the stretch by dropping your head gently forward.

Hold for 30 seconds. Repeat 3 times.



## 7 Stretching horizontal add.



Stand and place one of your arms across your chest and your hand onto the opposite shoulder.

Place your other hand on your elbow to push your arm further across your chest, until you feel a stretch in the back of your shoulder.

Hold 30 seconds. Relax and perform with the opposite arm.

Repeat 3 times on each arm.

---

## 8 Lateral muscles stretch



Sit up straight in a chair and look directly ahead of you. Lift one arm up and above your head and slowly bend sideways while reaching down with the opposite hand, until you feel a stretch at the side of your trunk.

Keep your body straight and facing forward.

Hold for 30 seconds and then relax.

Perform to the opposite side.

Repeat 3 times on each side.

---

## 9 Seated arch stretch



Sit or stand up straight and place your palms on your lower back with your fingers pointing down to the floor. Gently push your hands forward and bend backwards to create an arch in your lower back.

Make sure to do this within a pain free range of movement.

Hold for 30 seconds.

Relax and repeat 3 times.

## 10 Glutes stretch



Sit up straight with one leg bent towards your chest and crossed over the other leg. If this is difficult you do not have to cross it over the other leg.

Gently pull your bent knee with your arms towards your chest. You can either hold the outside of the knee or under your knee on the back of the thigh.

You should feel the stretch behind the thigh and into your buttock.

Hold for 30 seconds. Relax.

Repeat 3 times on each leg.

## 11 Seated hamstrings stretch



Sit on the edge of a sturdy chair with one leg straight out in front of you and the other knee bent.

Stick your hips back while keeping your back straight, as you bend forward to feel a stretch behind your straight leg.

To increase the stretch you can prop the foot of the straight leg onto a stool or chair.

Hold for 30 seconds. Relax. Repeat 3 times on each leg.

## 12 Standing calf stretching



Stand leaning onto a wall, counter/table, or sturdy chair with the stretching leg behind you.

Keep your toes pointing straight ahead.

Keep your back knee straight and your front knee bent.

Lean forwards while keeping both heels on the the ground.

You should feel the stretch in the calf of the back leg.

Hold for 30 seconds. Relax.

Repeat 3 times on each leg.