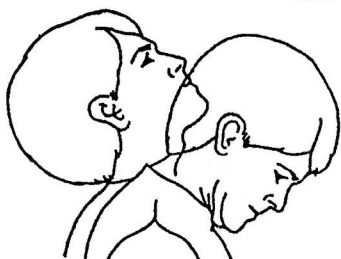


**Purpose:** Stretching exercises help to restore joint range of motion by lengthening shortened muscles and connective tissue, which helps to reduce pain and tightness.

- Instructions:**
1. Perform highlighted stretches initially **1-2 x/day**, or \_\_\_\_\_
  2. Hold each stretch **30-60 seconds** if tolerated for lengthening of muscles; repeat 2-3x/each or \_\_\_\_\_
  3. Stretch to your **pain-free** end point, then breathe deeply through your belly and relax as you exhale. This will encourage maximal range in that stretch.
  4. It is best to stretch with a warmed-up body, about the temperature that causes a light sweat.
  5. For pain reduction, it is best to stretch tight muscles at night just before going to bed.
  6. If it is not tight...**DON'T STRETCH IT!** When tight muscles are no longer tight, you may decrease frequency to 2-3 times per week.
  7. Maintain **good, upright posture** with all stretches and **avoid shrugging your shoulders!**



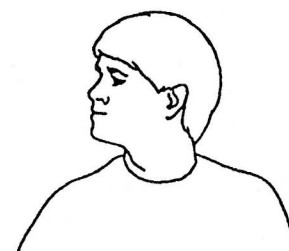
**FLEXION / EXTENSION**

Bring your chin toward your chest; hold. Return to upright, then bring your head back; hold. Hold the back of your neck with your hands if you need more support.



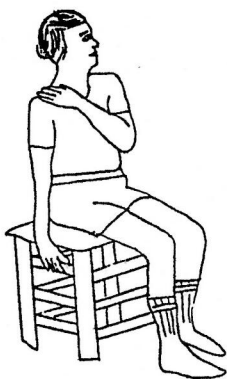
**SIDEBENDING**

Bend your ear toward your right shoulder while looking straight ahead; hold, then alternate.



**ROTATION**

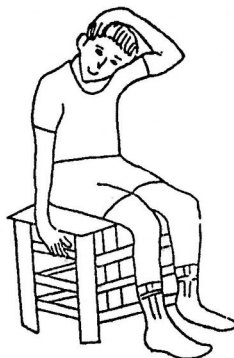
Turn to look over your right shoulder; hold, then switch sides. Add gentle hand pressure at the chin as tolerated for more stretch.



**SCALENE**

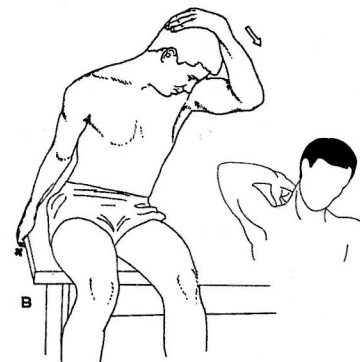
Sit with your right hand holding edge of chair. Place your left hand over your right collarbone to stabilize. Pull chin back, tip ear toward left shoulder, turn to look over left shoulder and hold. Repeat on right side.

**MODIFICATION:** Begin in the same position, but now tip left ear to left shoulder, and tip head back as if drinking out of a cup.



**UPPER TRAPEZIUS**

Sit with right hand holding edge of chair. Move chin towards chest, tilt your left ear toward your left shoulder turn right to look up toward the ceiling. Left hand can be used for overpressure-**DON'T PULL**. Repeat to right side.



**LEVATOR SCAPULAE**

Sit with right hand holding edge of chair. Tip chin towards chest, tip ear toward your left shoulder and nose toward your left armpit. Left hand can be used for gentle overpressure-**DON'T PULL**. Alternate.

**For a deeper stretch:** Lift right arm up and place hand behind neck. Avoid shrugging. Tilt left ear toward left shoulder, turn head to left, and bend chin down. Alternate.