




Cervical Stretching Home Exercise Program






You can follow along with the pictures below, or scan the QR code which will take you to video instruction on how to perform the exercise.

Access Code: ARJLW579

All stretches should be completed as 3 sets of 30 seconds, unless otherwise instructed. These should be completed 2-3 times per day following a good warm-up.

<p>Upper Trap Stretch</p> 	<ul style="list-style-type: none">• Begin sitting upright on a table grasping the edge with one hand.• Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.• Make sure to keep your back straight during the exercise.
<p>Levator Scap Stretch</p> 	<ul style="list-style-type: none">• Begin sitting upright in a chair, grasping the edge with one hand.• Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.• Make sure to keep your back straight during the exercise.
<p>Cervical Retraction</p> 	<ul style="list-style-type: none">• Begin sitting in an upright position with your feet flat on the floor.• Gently draw your chin in, while keeping your eyes fixed on something in front of you.• Make sure that you do not look down as you do this exercise, or bend your neck forward.



<p>Thoracic Mobilization</p> 	<ul style="list-style-type: none">• Begin on all fours.• Slowly sit your hips back towards your heels, then reach one arm under your trunk, allowing your shoulders to rotate and hold. Repeat on the opposite side.• Make sure to keep your neck relaxed and look at your hand as you move your arm.•
<p>Quadruped Cat Cow</p> 	<ul style="list-style-type: none">• Begin on all fours with your arms directly under your shoulders.• Slowly sag your back down to the floor, then round your back up toward the ceiling and repeat.• Make sure to use your entire back for the motion and keep your movements slow and controlled.
<p>Doorway Pec Stretch</p> 	<ul style="list-style-type: none">• Begin in a standing upright position in the center of a doorway.• With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position. <p>Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.</p>