

Neck & Shoulder Pain

Stretching Guide

Part 1



Part 2



Neck Stretches

- Part 1, take your **right hand**, place on **left side of head** and lightly pull (stretch) toward the right shoulder.
- Hold 10 seconds, repeat 3 times.
- Part 2, do same on the other side.

Part 1



Part 2



Angled Neck Stretches

- Part 1, **turn** your head to **right**. Take your **right hand**, place on **left side of head** and lightly pull (stretch) toward your **right hip**.
- Hold 10 seconds, repeat 3 times.
- Part 2, do same on the other side.

Part 1



Part 2



Shoulder Stretches

- Part 1, move your **right** arm and cross it toward the left. With your **left hand**, grab your **right elbow** and gently stretch.
- Hold 10 seconds, repeat 3 times.
- Part 2, do same on the other side.

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Shoulder Rolls

- Part 1, **roll both** your shoulders **forward** and repeat this 10 times.
- Part 2, roll both your shoulders **backward** and repeat this 10 times.



Shoulder Reach Stretch

- Can be done seated or standing.
- Clasp your hands and **extend your arms** in front of you.
- Stretch your shoulders by extending your arms a little more **further in front**.
- Hold 10 seconds, repeat 3 times.



Anterior Shoulder Stretch

- Can be done seated or standing.
- Clasp your hands and rest them **behind your neck**.
- Bring both your elbows backward so you stretch the front part of the shoulders. (Do not push on the neck).
- Hold 10 seconds, repeat 3 times.