

# Barnes Chiropractic Healthcare

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## UPPER BACK AND NECK STRETCHING



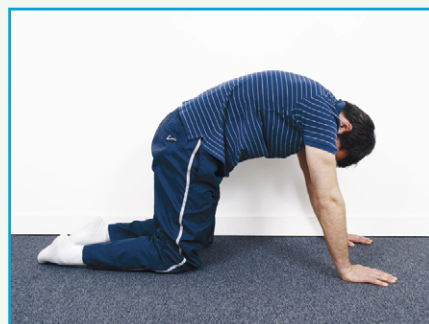
Pectoral Stretch



Neck Stretch



Mid Back Stretch ('Cat Back')



'Yoga' Stretch ('Eagle Pose')



### PECTORAL STRETCH

**FOR:** To improve upper body posture.

**STARTING POSITION:** Standing up, stretch out one arm to the side at 90° - use a doorframe or similar to hold on to.

1. Gently and gradually turn away from arm so a stretch is felt in the pectoral and front of shoulder area.
2. Hold for 20 seconds, maintaining relaxed breathing.

**REPEAT:** 2 x with each arm.

**FREQUENCY:** 2-3 x week

### NECK STRETCH

**FOR:** To improve neck flexibility and posture and relieve neck tension build up.

**STARTING POSITION:** Sitting in a chair, back straight, one arm at side holding onto the edge of seat. The other hand contacts the opposite side mastoid bone (the bone behind the ear).

1. With arm over the head, pull the head across laterally towards the shoulder, feeling the neck muscles stretch on the side of the hand contact.
2. Hold stretch, relaxed breathing for count of 15 seconds. Repeat on opposite side.

**REPEAT:** 2 x set(s) each side.

**FREQUENCY:** 2-3 x week

**VARIATION:** Same STARTING POSITION but pulling head towards knee opposite to hand contact.

### MID BACK STRETCH ('CAT BACK')

**FOR:** To improve flexibility and posture of middle back and relieve tension build up.

**STARTING POSITION:** On floor on hands and knees, back straight.

1. Whilst breathing in deeply and slowly, raise back in an arch like a cat, (moving head down gently).
2. Hold breath for 5 seconds, breathe out and relax to STARTING POSITION.

**REPEAT:** 4 x

**FREQUENCY:** 2-3 x week

### 'YOGA' STRETCH ('EAGLE POSE')

**FOR:** To release thoracic spine and stretch out tension between the shoulder blades.

**STARTING POSITION:** Standing, relax shoulders, feet shoulder width apart.

1. Cross arms at the elbows.
2. Wrap forearms around each other, bringing the palms together with your fingers pointing towards the ceiling.
3. Raise elbows slightly and, keeping shoulders relaxed, push your hands towards the ceiling, until you feel the space between the shoulder blades widen. Breathe in deeply to increase this stretch.
4. Hold for 10 seconds, breathing slowly and calmly.
5. Breathe out whilst lowering arms.
6. Repeat with arms opposite way round.

**REPEAT:** 3 x

**FREQUENCY:** 2-3 x week

If you feel pain, (or any discomfort other than that of a muscle working hard), at any time during an exercise it is important to stop and seek further advice from Barnes Chiropractic Healthcare.

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