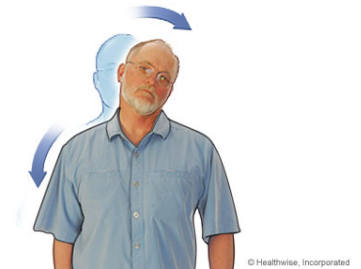


Stretches to Ease Neck and Shoulder Aches and Fatigue¹

If you experience tension in your neck and shoulders due to stress or work related muscle fatigue, the following exercises will help strengthen the muscles in your neck as well as relieve existing neck pain. Stop any exercise that increases pain. Do each exercise slowly and a few times throughout your day. They are simple movements but very effective.

Neck stretch

- This stretch works best if you keep your shoulder down as you lean away from it. To help you remember to do this, start by relaxing your shoulders and lightly holding on to your thighs or your chair.
- Tilt your head toward your shoulder and hold for 15 to 30 seconds.
- If you would like a little added stretch, use your hand to gently and steadily pull your head toward your shoulder. For example, keeping your right shoulder down, lean your head to the left. Let the weight of your head stretch your muscles, or use your left hand to pull gently down on your head.
- Repeat 2 to 4 times toward each shoulder.



Diagonal neck stretch

- Turn your head slightly toward the direction you will be stretching, and tilt your head diagonally toward your chest and hold for 15 to 30 seconds.
- If you would like a little added stretch, use your hand to gently and steadily pull your head forward on the diagonal.
- Repeat 2 to 4 times toward each side.



Chest and Shoulder Stretch

- Sitting or standing tall, slowly tuck your chin as you glide your head backward over your body (dorsal glide).
- Raise both arms so that your hands are next to your ears.
- Take a deep breath, and as you breathe out, lower your elbows down and behind your back. You will feel your shoulder blades slide down and together, and at the same time you will feel a stretch across your chest and the front of your shoulders.
- Hold for about 6 seconds, then relax for up to 10 seconds.
- Repeat 8 to 12 times.



Debby Schiffer, JIF Wellness Director, debby_schiffer@targetingwellness.com

¹ Resource: WebMD