



## NEED A BIT OF A STRETCH?

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Tel (011) 615 3170 or visit [www.saphysio.co.za](http://www.saphysio.co.za)  
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1. Hold the positions for 30 counts, with no bouncing.
  2. contract the muscle and hold for 10 counts, release slowly and stretch into new range.
- The exercises may be uncomfortable, but not painful. Start slowly and build up to longer sessions.

Neck stabilisers	Stand against a wall with your back and bum supported. Rest your head lightly against the wall. Can also be done against the head rest of your car.	Press your neck against the wall, while pulling your chin into your neck. Try to let the back of your head and neck touch the wall simultaneously – if you manage you are cheating! Hold for 10s.	5x
Trapezius stretch	Sit on a chair with your one hand over your head, reaching towards your ear and your other hand under your bum, fixing your shoulder.	Use the top arm to pull your head sideways, as if you want to put your ear on your shoulder. Hold for 30s. Repeat to the other side.	3x
Levator Scapulae stretch	Sit on a chair and rotate your head 45° to the L. Lift your L arm and hold behind your head. Align the elbow with your nose – not your nose with your elbow.	Pull head forward slowly in the diagonal, tucking your chin in. Hold for 30s. Repeat to the R side.	3x
SCM stretch	Sit on a chair with your feet supported on the floor, arms relaxed.	Rotate your head to the L, tilt it toward your L shoulder and lift your chin. You should feel the stretch in the front, R part of your neck going up to your ear. Hold for 30s. Repeat to the R.	3x
Erector stretch	Sit upright on a chair with both your hands behind your head.	Pull head forward slowly, tucking your chin in. Hold for 30s.	3x
Rhomboids stretch	Sit on a chair and cross your arms over your body.	Slowly lower your body towards your legs, until you feel the stretch between your shoulder blades. Hold for 30s. Change your arms around and repeat.	3x2
Pectoralis stretches	Stand in a doorway and hold onto the frame with your one hand. Turn your head toward the arm.	<ol style="list-style-type: none"> <li>1. Move your arm about 20° above horizontal and walk through the door. Hold for 30s. Repeat with other arm.</li> <li>2. Move your arm about 20° below horizontal and walk through the door. Hold for 30s. Repeat with other arm.</li> </ol>	3x