



Sheet Stretch for Neck and Shoulders

Using a standard single bed sheet, place one end of the sheet on the seat of a chair with the remainder draped over the backrest of the chair. Sit on the chair in a normal fashion, trapping the end of the sheet under your buttocks. Draw the other end over one shoulder, twisting the sheet into a rope as it passes over the top of the shoulder. Wrap the free end of the sheet under the inside of the thigh, toward the knee. Bring the sheet around the outside of the thigh and drape it over the top, finally grabbing the end with the opposite hand (this hand does not need to pull; simply keep the sheet from sliding).. Take up the slack in the entire sheet so that when the thigh is lowered toward the floor, a comfortable stretch is noted in the neck and shoulder region. The tension of the twisted sheet over the soft part of the shoulder between the neck and the tip of the shoulder, when held for 3-5 minutes (or much longer); will slowly release the trapezius region. If the arm is allowed to dangle down at the side and the head is side bent in the opposite direction, additional releases are possible. Maintain a gentle but sustained stretch as directed by your therapist, moving with the releases as appropriate.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.