



Neck/Shoulder Stretch

The purpose of this stretch is to elongate the soft tissue of the side of the neck as well as the front of the chest and shoulder. Reach behind the back with the unaffected arm, as shown, and grasp near the elbow. Gently pull downward with the unaffected hand while sidebending the head and neck away. Search for familiar patterns of tightness and hold, gently, for 3-5 minutes, or as directed by your therapist.

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.

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