



Neck & Shoulder Stretches

dynamic movements for everyday job demands



These eight exercises are designed to target area affected by prolonged sitting and standing during your workday. Hold each exercise for 15-30 seconds and repeat as needed throughout your day.

NECK STRETCHES

Head Circles



- Bring chin to chest
- Hands/arms to side
- Rotate head to the one side & then to the other 5 times

Anterior Neck Stretch



- Place one hand on chest
- Use opposite hand, push chin up and to the side

Lateral Neck Stretch



- Place 1 arm behind back
- Use opposite hand to pull head toward opposite shoulder

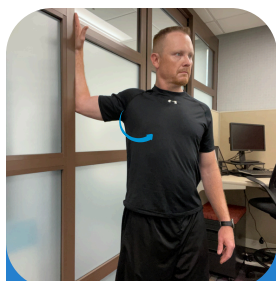
Posterior Neck Stretch



- Place 1 arm behind back
- Use opposite hand to pull head down in a 45 degree angle

SHOULDER STRETCHES

Wall Chest Stretch



- Place arm at a 45 degree angle on wall
- Rotate body away from arm

Overhead Triceps Stretch



- Place one hand behind head
- Use opposite hand to push down on elbow

Posterior Shoulder Stretch



- Bring arm across front of body
- Use opposite arm to pull arm toward chest

Anterior Shoulder Stretch



- Clasp hands behind lower back
- Gently lift hands upwards