

Neck and Upper Back Stretches

Upper Trap Stretch



Begin by sitting up straight in a chair. Sit on your right hand or hold the bottom of the chair. Next, gently bring your left ear to your left shoulder until a stretch is felt on your right neck area. If you do not feel a stretch, gently use your left hand to pull your head further to the right side. Hold for 30 seconds and repeat on the opposite side.

Rhomboid/Mid Trap Stretch



Begin by sitting up straight in a chair. Next, raise your arms out in front of you, and clasp your hands together. Draw your hands forwards, arch your back, and flex your neck until you feel a stretch along your upper back. Hold 30 seconds.

Levator Scap Stretch



Begin by sitting up straight in a chair. Sit on your right hand or hold the bottom of the chair. Next, gently look down and to the left, attempting to look into your front left pocket. If you do not feel a stretch, gently use your left hand to pull your head further. Hold for 30 seconds and repeat on the opposite side.

Pectoral Stretch



Begin by standing inside of a doorframe with your shoulders and elbows each bent to 90 degrees (field goal position). Place both forearms on each side of the door frame, and step forward with one of your legs. Gently lean forward until you feel a stretch in the front of your shoulders. Hold for 30 seconds.

Hip Stretches

Standing Hip Flexor Stretch



Standing up, take a step forward with your left leg, keeping your right leg behind you. Begin to lunge forward by bending your left knee, keeping your right leg straight behind you. You should feel a stretch in the front of your right hip/thigh. Hold for 30 seconds, and then repeat on the left side.

Kneeling Hip Flexor Stretch



Kneel down on your right knee with your left leg forward. Keeping your back straight, slowly lean forward until you feel a stretch on the front of your right hip. Hold 30 seconds, and then repeat on your left side.

Piriformis Stretch



Lie down on your back with both knees bent. Next, put your left heel on your right knee. Place both hands on your left knee, and gently pull your towards your right shoulder. You should feel a stretch in your left buttock region. Hold for 30 seconds, and then repeat on your right side.

Seated Figure 4 Stretch



Sit in a chair, and place your left ankle on top of your right knee. Begin to gently press down on your left knee with your hand, and then slowly lean forward over your leg. Make sure you have equal weight in both hips the entire time, and keep your back straight when you lean forward. Hold for 30 seconds, and then repeat on your right side.