



CHIROPRACTIC

HomeCare

Cervical & Thoracic Stretches

Stretching tip

- Hold stretch steady. Don't bounce.

Caution

- If stretching causes pain, discontinue and consult your chiropractor.

SCALENES



Hold your chair seat and bend your neck to the side until you feel a *gentle* stretch. Repeat on opposite side.

HOLD _____
REPEAT _____

ANTERIOR SCALENES



Holding your chair seat, angle your head back to the opposite side until you feel a *gentle* stretch. Repeat on opposite side.

HOLD _____
REPEAT _____

LEVATOR SCAPULAE



Turn head to the left. Then bend your head down to feel a stretch above your right shoulder blade. Repeat on opposite side.

HOLD _____
REPEAT _____

SUBOCCIPITALS



Tuck your chin, then pull your head forward until you feel a *gentle* stretch in your *upper* neck.

HOLD _____
REPEAT _____

POSTERIOR CERVICALS



Gently bend your neck down to feel a stretch in the back of your lower neck.

HOLD _____
REPEAT _____

ANTERIOR CERVICALS



Pull your collar bones down and *gently* bend your neck back.

HOLD _____
REPEAT _____

UPPER TRAPEZIUS

Hold chair seat with your right hand. Nod down to the left. Turn chin slightly to the right. With left hand *gently* push back of



head downward to the left. You should feel a stretch in right side of neck and the top of right shoulder. Repeat on opposite side.

HOLD _____
REPEAT _____

RHOMBOID



With your right hand, pull your left arm to feel a stretch between your spine and your left shoulder blade.

HOLD _____
REPEAT _____

TWISTER



Twist around toward the back of your chair to feel a stretch in your middle back. Repeat on opposite side.

HOLD _____
REPEAT _____

TERES



Push down on your left elbow to feel a stretch on the outside of your left shoulder blade. Repeat on opposite side.

HOLD _____
REPEAT _____

SERRATUS



Pull your left arm until you feel a stretch under your left shoulder blade. Repeat on opposite side.

HOLD _____
REPEAT _____

DOORWAY PECTORALS



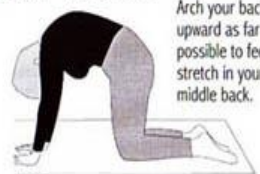
Gently lean through a doorway until you feel a stretch across the front of your chest.

HOLD _____
REPEAT _____

Variations: Raise and then lower your elbows to stretch all your pectoral muscles.



CAT STRETCH



Arch your back upward as far as possible to feel a stretch in your middle back.

HOLD _____
REPEAT _____

CHAIR TRACTION



Bend down between your knees. Let your head hang down. Relax.

HOLD _____
REPEAT _____