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# CERVICAL/THORACIC STRETCHES

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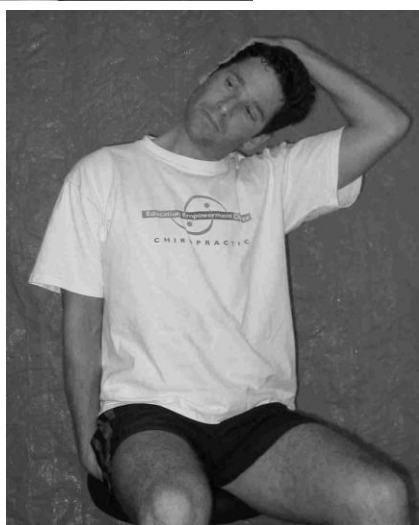
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## SCM STRETCH

- sit in chair, with right hand under right buttock
- retract chin
- bring left ear to left shoulder and rotate head to the right
- place left hand on forehead and stretch

*Perform both sides. Hold for 20-30 sec or as prescribed*



## TRAPEZIUS STRETCH

- sit in chair with right hand under right buttock
- bring chin to chest
- bring left ear to left shoulder
- rotate head towards right shoulder
- place left hand on side of head and pull towards the left

*Perform both sides.*

*Hold for 20-30 sec or as prescribed*



## LEVATOR SCAPULAE STRETCH

- sit in chair, with right hand under right buttock
- bring chin to chest
- bring left ear to left shoulder
- rotate head towards left shoulder
- place left hand on back of head and slowly pull downward

*Perform both sides.*

*Hold for 20-30 sec or as prescribed.*



## SCALENE STRETCH

- clasp hands behind back so arms are straight
- lean head off back of left shoulder

*Perform both sides. Hold for 20-30 sec or as prescribed.*