

Neck, Shoulder & Arm Stretches

Note: If you have not yet been diagnosed with a physical condition, please consult your physician before starting a stretching program.

How to Stretch:

Stretching should be done slowly without bouncing. Stretch to where you feel a slight, easy stretch. Hold this feeling for 5-15 seconds. As you hold this stretch, the feeling of tension should diminish. If it doesn't, just ease off slightly into a more comfortable stretch. The easy stretch reduces tension and readies the tissues for the developmental stretch.

After holding the easy stretch move a fraction of an inch farther into the stretch until you feel mild tension again. This is the developmental stretch, which should be held for 5-10 seconds. This feeling of stretch tension should also slightly diminish or stay the same.

If the tension increases or becomes painful, you are overstretching. Ease off a bit to a comfortable stretch. The developmental stretch reduces tension and will safely increase flexibility.

Hold only stretch tensions that feel good to you. The key to stretching is to be relaxed while you concentrate on the area being stretched. Your breathing should be slow, deep and rhythmical. Don't worry about how far you can stretch. Stretch relaxed and limberness will be produced just one of the many by-products of regular stretching.



Standing Heel Push: From the heel base, push back a 10-foot distance. Push together to give a tension in the upper back area. Use you to feel your chest should move upward. Hold this stretch tension for 1-2 seconds. Then relax and gently walk your head forward as slowly as possible. Do this will help promote tension and allow the neck to be stretched effectively.

Think of creating tension, relaxing the easy part, then stretching the part of the neck to help bring the majority of the neck line to even without help from the hands. Repeat 3-4 times.



With your head resting on the floor or mat, you can lie on your back (palms up) and lie down as to stretch along your side (back down). Breathe in opposite directions as at the same time to create a stretch in each of your shoulders and neck. Hold stretch for 4-10 seconds. Do both sides of your body. Keep your knees bent relaxed and flat.



Before you do any of the following stretches, rest on your back with knees bent and fingers interlaced behind your head for 30 seconds. Concentrate on being relaxed.



Interlace your fingers behind your head and rest your arms on the mat. Using the power of your arms, slowly bring your head, neck and shoulders forward until you feel a slight stretch. Hold an easy stretch for 5 seconds. Repeat three times. Do not overstretch.



With your arms along your sides, turn your chest toward your shoulder as you keep your head resting on the floor. Turn this only as far as needed to get an easy stretch in the side of your neck. Hold 8 seconds. Then turn your head to stretch the other side. Repeat 3-3 times.



Interlace your fingers above your head. With your palms facing upward, push your arms slightly back and up. Feel the stretch in your arms, shoulders and upper back. Hold stretch for 15 seconds. Do not hold your breath. This stretch is good to be anywhere, anytime.