Get better faster! Keep movement and active living a high priority in your life!

Neck Flexibility



With good posture, gently turn head left return to center, and then turn right.



Gently drop ear to shoulder, return to center.



Gently drop chin to chest, return to center then slowly extend head back.





pressing shoulders



Increase stretch by tilting head, dropping ear to shoulder of the same side as wrist grasped.



With arm behind body, ear to shoulder then with the other hand gently aid the stretch.



Now tilt head forward, bringing chin to chest. Gently aid the stretch with hand.



Gently press head sideways against the hand, Hold 8-10 seconds.





Gently turn head toward one side, resisting with hands. Hold 8-10 seconds.

Rotator Cuff Workout



Facing forward, stand square to pivot point, pull with right arm then left arm, extending the opposite arm. (15-20 x)

Now, repeat exercise facing backward. Stand square to pivot point, push away with right arm then left, opposite arm draws back.



Keeping arm at 90° stand beside pivot point, pull arm inward to midline, rotating at shoulder. Keep elbow tight to body.



Keeping arm at 90° stand beside pivot point, pull arm outward from midline. rotating at shoulder. Keep elbow tight to body.



Standing square to pivot point with knees bent and arms straight, pull both arms through, past the body.



Standing beside pivot point, keeping arm straight, pull arm away from body to a maximum 20°.

Shoulder Flexibility



Cross one arm over chest and assist the stretch as shown.



One arm reaches down the back while assisted by other arm. Repeat other side.



down the back while other arm reaches up the back.

One arm rests across the back while other arm reaches across the front, grasping



To stretch the front of your shoulder and chest, stand perpendicular to wall. keeping your palm flat on the wall, extend arm out behind body. Gently turn away from wall to increase stretch.

the elbow, gently

pulling forward.

Beacon Hill Chiropractic & Massage

www.getbetterfaster.ca

Phone: 403-516-1141

