



## Dr. Shire's Simple Cervical Stretches for Life

Reminders when stretching: Relax and breathe. Move slowly and mindfully.



### DEEP ANTERIOR NECK FLEXOR STRETCH - HANDS ON CHEST

Place your hands overlapping on your breast bone. Next, tilt your head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.



### UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm.



### SUBOCCIPITAL STRETCH - 2 FINGERS

Gently draw your chin downward towards your chest as your fingers assist in adding a stretch to the back of your head.



### CORNER CHEST OPENER STRETCH

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

NOTE: Your legs should control the stretch by bending or straightening your front knee.

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### CERVICAL CHIN TUCK -SUPINE WITH TOWEL

While lying on your back with a small rolled up towel under the curve of your neck, tuck your chin towards your chest. Maintain contact of your head with the surface you are lying on the entire time.



### RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

## When is the Best time to Stretch?

- First thing in the morning
- Periodically throughout the day
- After sitting for prolonged time
- When you need a break
- When you're stuck on a problem
- When you feel achy, tired, brain fog, unfocused

## Essential Laws of Stretching

- Hydrate
- Breathe
- Relax
- Move slowly
- Be mindful