



Self-Care Upper Body Stretches Arm, Neck, and Shoulder

Instructions:

Many individuals hold tension in their neck and shoulders throughout the day especially in the winter. These stretches are a quick guide for simple stretches you can do anywhere.

- Each stretch should be done on both sides.
- Hold each stretch for about 20 seconds
- Repeat stretches in sets of 5 to 10
- If a stretch is uncomfortable or painful stop the stretch.
- When beginning and ending a stretch, move slowly.



Arm Extensors: Bring arm straight out in front of you, bend wrist down with other hand.



Arm Flexors: Rotate wrist 180 degrees, bend down with other hand.

Additionally: rotate wrist in full circles, shake hands



Wall Angels:

Stand against a wall with glutes and shoulder blades against a wall. Hold arms up at 90 degrees. Bring arms down slowly while keeping forearms vertical against a wall. You should feel the muscles in the upper mid back contract.



Chest Pectorals:

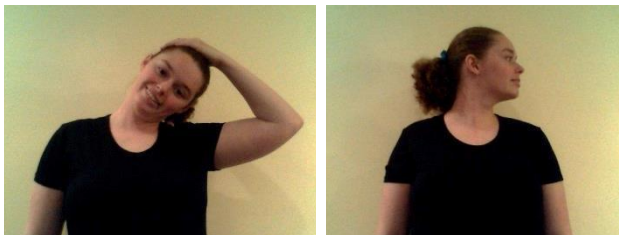
Find a door frame to place forearm against with upper arm out horizontal and forearm vertical. Take a step forward. You should feel a stretch in your pectorals (upper chest into shoulder).



Triceps: Bring one arm up behind your back and one arm down behind your back, try to bring your fingers to touch in the middle of your back. If your fingers overlap, lock your hands together to add a little extra stretch.



Shoulder: Bring one arm across your chest and use the opposite arm to gently pull to create a stretch. You can also hold arms out straight from your side and draw circles with your hands to activate the rotator cuff muscles.



Neck Stretch: Bring neck to one side and use the same side arm to stabilize and add a slight stretch. Turn your head to the side as if looking over shoulder

Additionally: slowly roll your head in small circles both clockwise and counterclockwise.

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