

This handout is to be used as a guide only. Please consult your Remedial Therapist or health provider before beginning any new stretches or exercises.

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Seated Stretches

TRAPEZIUS/SIDE BENDING



Sit on the hand of the side you intend to stretch, palm up, with your back straight and lengthened. Let your head fall to one side with your face forward. Using the weight of your free arm, gently pull your head down further till you feel an effective stretch. You should feel the stretch running from your ear to your shoulder. Hold for approx 10-15 secs. Repeat 3x both sides.

SCALENES/COLLAR ANCHOR



Sit on the hand of the side you intend to stretch, palm up, with your back straight and lengthened. Using your free hand, hold down and behind your collar bone on the anchored arm side. Slowly turn your head away until you feel an effective stretch. You should feel the stretch in the front of your neck. Hold for approx 10-15 secs. Repeat 3x both sides.

LEVATOR SCAPULAE/NOSE TO CHEST



Sit on the hand of the side you intend to stretch, palm up, with your back straight and lengthened. Turn your head away from the anchored arm, so your nose is in line with your nipple. Let your head fall forward & using the weight of your free arm, pull your head down till you feel an effective stretch. You should feel the stretch from the base of your skull to your shoulder blade. Hold for approx 10-15 secs. Repeat 3x both sides.

NECK FLEXION/NEURAL STRETCH



Sitting down with your back straight and lengthened, let your head drop forward with your chin resting on your chest. Hold onto the back of your head and using the weight of your arms, slowly & gently roll your spine forward, creating a curve in your back. You should feel the stretch from the base of your skull and moving down your spine. Repeat 3x.

SEATED ROTATIONS/BACK STRETCH



Sit on a stable chair with your hips facing forward. Hold onto the side & back of the chair then take a breath in to prepare and as you breathe out, turn your body to the same side, using your arms to pull yourself further. Take a few breaths and repeat on the other side.

PIRIFORMIS/BUTTOCK STRETCH

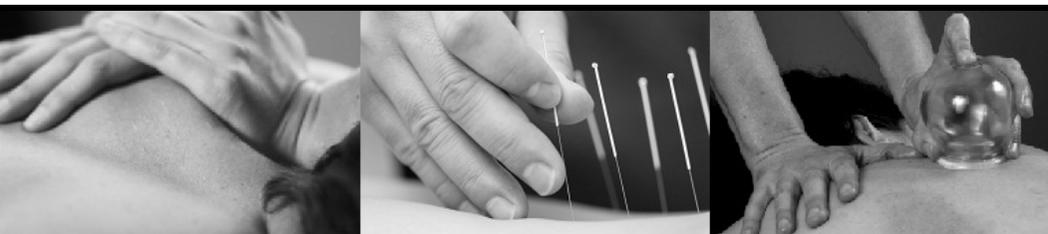
Sit on a stable chair and cross one leg over the other with your ankle placed over your other knee. Sit with your back straight, slightly arching your back to encourage your pelvis to rotate downwards and then pull your bent knee to your opposite shoulder. Hold for 10 – 15 secs and repeat 3x both sides.



Sit on a stable chair and cross one leg over the other with your ankle placed over your other knee. Sit with your back straight, slightly arching your back to encourage your pelvis to rotate downwards, then slowly bend your torso forward at the hips to feel the stretch. Lift your anchored heel up to increase the stretch further. Hold for 10-15 secs and repeat 3x both sides.



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