Bedale Osteopaths Exercise sheet 6

**Neck and Shoulder Stretches**

 ** **

 **Chin/Jaw Retraction Shoulder Rolls**

 Tuck chin in, keeping eyes level Circle the shoulders forwards 4-5 times then backwards

 Hold 2-3 seconds. Repeat 10-15 times Do more backwards than forwards. Repeat 20 times

 Keep them gentle and slow.

  ****

 **Shoulder Blade Stretch Forearm Flexor Stretch (top)**

 Hold for 4-5 seconds, repeat 10 times. **Forearm Stretch - back of the arm (bottom)**

 Hold for 10 - 20 seconds on each

  . ****

 **Pectoral Muscle Stretch**. **Chest and Upper Arm Stretch**

 Feel the stretch at the front of the chest. 2-3 times hold for 20 seconds each time You can increase the stretch by breathing deeply. 2-3 reps for 20 seconds.

These exercises should not be painful. If you are unsure of how to do them speak to your practitioner.

Tel: 01677 425858 www.bedaleosteopaths.co.uk info@bedaleosteopaths.co.uk