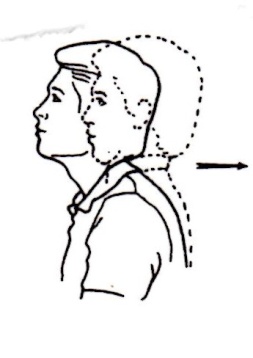
Bedale Osteopaths Exercise Sheet 6

**Neck and Shoulder Stretches**

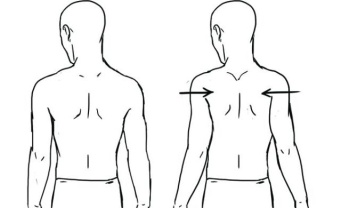
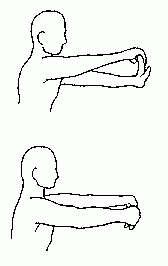
** **

**Chin/Jaw Retraction Shoulder Rolls**

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

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

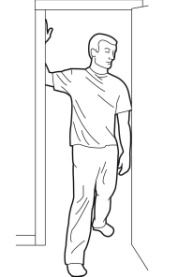
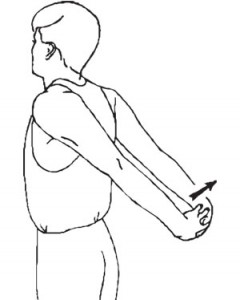
Keep them gentle and slow.

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjnltmhvb7PAhXMAsAKHfgnDzcQjRwIBw&url=http://www.ipcphysicaltherapy.com/shoulderretractionpostmastectomy.aspx&bvm=bv.134495766,d.ZGg&psig=AFQjCNEcDwxM5cj0NoYIS1nJXDji7ISuYA&ust=1475578729683385) **[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwib67G2vL7PAhUTM8AKHb-QCdEQjRwIBw&url=http://www.nismat.org/services/orthopedic-surgery/therapeutic-exercise-programs/upper-extremity-and-neck-flexibility-program&psig=AFQjCNEmB6lesS2j36AstXWwUJn66eDxuw&ust=1475578503567674)**

**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.

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwj7kquHvb7PAhVLDcAKHcwGAv8QjRwIBw&url=http://adjustments4you.com/blog/b_60440_oakville_chiropractor_yes_yes_you_do_have_upper_cross_syndrome.html&psig=AFQjCNGdo-Anw7u3sSPmEGFwAH0Xtf8Fxg&ust=1475578575798096) . **[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwj92KnvvL7PAhVKJMAKHS-IB_4QjRwIBw&url=http://pbmassagetherapy.com/desk-workers-part-2-postural-exercises/&psig=AFQjCNGdo-Anw7u3sSPmEGFwAH0Xtf8Fxg&ust=1475578575798096)**

**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.

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