Bedale Osteopaths Exercise Sheet 6

**Neck and Shoulder Stretches**

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 **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.

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 **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.

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 **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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