



**Spring Hill**

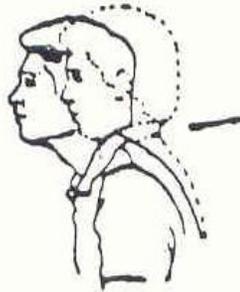
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## NECK STRETCHES



### Neck Retraction/Chin Tuck

Keeping eyes level, retract head and neck straight back, tucking chin. This can be enhanced by using slight over pressure, placing your hand on your chin.

6-10 Repetitions

3 to 4 Times/day



### Trapezius Stretch

Support/anchor arm to the side being stretched. Apply gentle, but firm stretch by drawing head to the opposing side with the arm away from the side being stretched. Apply a **gentle, but firm** sustained stretch. No bouncing. Hold for 15 to 30 seconds. **Repeat stretch on both sides.**

2-4 Repetitions

3 to 4 Times/day



### Sternocleidomastoid (SCM)/ Scalene Stretch

Tip ear toward shoulder and rotate chin toward the sky above the opposite shoulder. Gently draw your head and neck into extension (back and up). Apply a **gentle, but firm** sustained stretch. No bouncing. Hold for 15 to 30 seconds. **Repeat stretch on both sides.**

2-4 Repetitions

3 to 4 Times/day



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**Levator Scapulae Stretch**

Turn head 45 degrees and drop head and chin down (looking at shoe). Use arm on the side to which you are looking to draw head and neck into forward flexion, into the 45 degree angle. Apply a **gentle, but firm** sustained stretch. No bouncing. Hold for 15 to 30 seconds. **Repeat stretch on both sides.**

2-4 Repetitions

3 to 4 Times/day



**Range of Motion Exercises**

Move head and neck into flexion and extension. Tip head from side to side. Turn head and neck to the left and right. These motions are to be done in a deliberate manner, carefully. **Range of motion exercises are to be done by working in a pain free range only.** Do not force motion into the painful zone. Over time, you will notice the pain free range to widen and become greater. Do multiple repetitions of each movement, one at a time, then move to the next movement.

10 to 15 Repetitions

3 to 4 Times/day



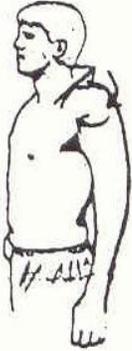
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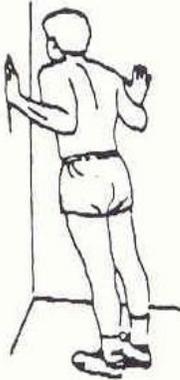
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**Shoulder Rolls**

Make large, exaggerated shoulder circles. Try to be as symmetrical as possible. Avoid any painful ranges/areas. **Do multiple repetitions in both directions.**

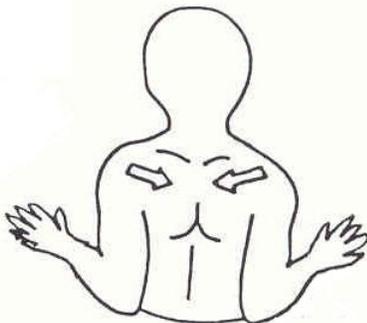
10 to 15 Repetitions    3 to 4 Times/day



**Corner Stretch**

Stand 2 feet back from the base of an available 90 degree corner. Place hands equidistant from the midline of the corner at shoulder height. Lower yourself into the corner, allowing a stretch to set in through your chest and shoulder region. Apply a **gentle, but firm** sustained stretch. No bouncing. Hold for 15 to 30 seconds.

6 to 10 Repetitions    3 to 4 Times/day



**Shoulder Squeeze**

Stand tall and straight. With elbows bent at your side, attempt to touch your shoulder blades together, as if to tuck your elbows into your back pockets. Apply a **gentle, but firm** sustained contraction. No bouncing. Hold for 10 to 15 seconds.

6 to 10 Repetitions    3 to 4 Times/day

KNIGHT FAMILY  
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KNIGHT-NANNI

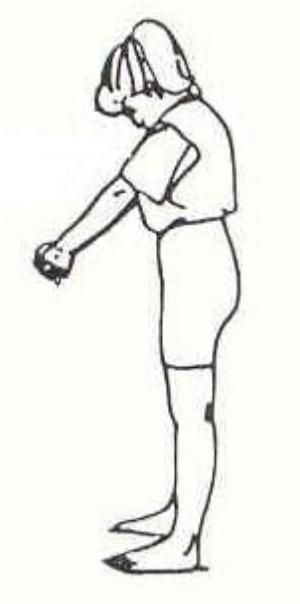
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**Rhomboid/Shoulder Blade Stretch**

Stand tall and straight. Clasp hands together in front of your body, arms straight. Drop chin, round shoulders and stretch arms straight out and down in front of you. This should feel as though you are trying to pull your shoulder blades apart. Apply a **gentle, but firm** sustained stretch. No bouncing. Hold for 15 to 30 seconds.

6 to 10 Repetitions      3 to 4 Times/day