

# Neck & Shoulder

## Routine

### How To Stretch:

No pain or discomfort as you stretch. Hold your stretches for the recommended time in ease. If it hurts ease off. If it continues to hurt **STOP** and ring your practitioner for advice. If your unsure about a stretch, ring and get advice.

### Types Of Stretching:

**Easy Normal** stretching held from 0 - 30 seconds

**Progressive** is from 30 - 60 and develops length in a muscle

**Drastic/Ballistic** is any stretch that causes pain. The body reacts by contracting the muscle group being stretched resulting in micro trauma to the muscle.



## B-Pro-Active Healthcare

Maidstone (01622) 661055 / 762628  
Strood (01634) 723600

Osteopathy, Podiatry, Acupuncture,  
Homœopathy & Reflexology

Hold for:	Repetitions:
(0 - 30 sec) (X2) (X3)	AM/Noon/PM
(30 - 60 sec) (X2)	AM/PM



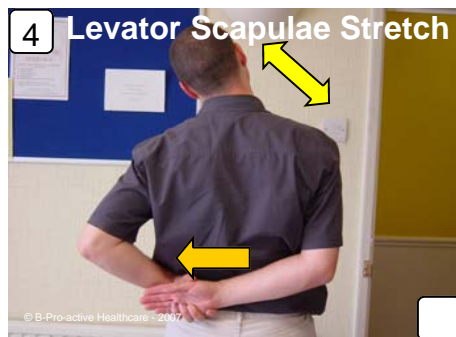
Rotate head to the right. Hold for the allotted time, then move slowly back to the middle. Repeat for the opposite side



Sidebend head to the right. Hold for the allotted time, then move slowly back to the middle. Repeat for the opposite side



Place right elbow in the palm of left hand. Gently push elbow across chest and hold for allotted time. Repeat for the opposite side



Sidebend head to the left while pulling the left wrist left and hold for the allotted time. Repeat for the opposite side



Hold the door jam with right hand. Rotate upper body and head and stretch chest and arm for allotted time. Repeat for opposite side.

### Notes

#### Working Diagnosis:

#### Management Plan: