



PeakErgo.com/videos

Healthy Neck & Shoulder Solutions

"If you have any medical problems, please consult a health care professional before attempting any of these stretches"

Doorway/Corner Stretch video #9



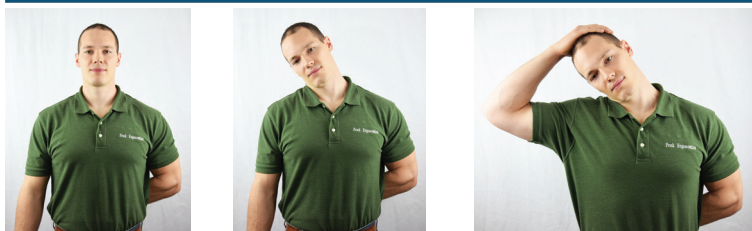
Stand in a corner about 1 -2 feet from wall with hands on wall as shown.

Lean into corner so that you feel stretch.

Vary the stretch by moving arms higher or lower, or by standing farther away. Hold for 5 seconds.

Perform for 3 repetitions.

Upper Trap Stretch video #50



Place one arm behind back, gently push chin back and down.

Look straight ahead and tilt head to side.

Gently pull on head and hold for 5 sec, until your muscle starts to relax. If this hurts, don't pull on head and just do previous pose.

Perform 3 repetitions. Do the same on the opposite side.

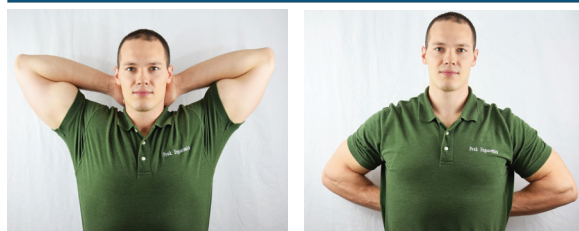
Theraband Rows video #38



Anchor rubber tubing to a solid object. Hold rubber tubing in both hands, elbows bent. Squeeze shoulder blades together and pull arms backwards.

Perform 10-30 repetitions.

Rotator Cuff Stretch video #33



Reach up behind your head as shown. Press elbows backward so that you feel a stretch. Hold for 5 seconds.

Reach up behind back as shown. "Walk" your hands up your back as far as you can. Hold for 5 seconds.

Perform 3 repetitions.

Levator Scapula Stretch video #19



Gently perform a chin tuck, ears should be directly over shoulder.

Look down while turning your head.

Gently pull on back of head.

Place opposite hand at base of neck to increase stretch. Hold for 5 sec.

Perform 3 repetitions. Do the same on the opposite side.



Active Neck Stretch video #3



Place hand behind back and other hand on top of shoulder.



Tilt head away. Hold for 5 seconds.



Turn head down. Hold for 5 seconds.



Turn head up. Hold for 5 seconds.

Perform 3 repetitions. Do the same on the opposite side.

Posture Correction video #27



Place hands in front of forehead with palms facing out. Take a deep breath in.



Slowly exhale while pulling elbows toward back pockets while rotating palms out.



Squeeze shoulder blades together. Pull head back while chin is tucked. Fully exhale.

Do 3 repetitions.

Shoulder Adduction video #37



Hold your left arm just above the elbow, with your right hand.



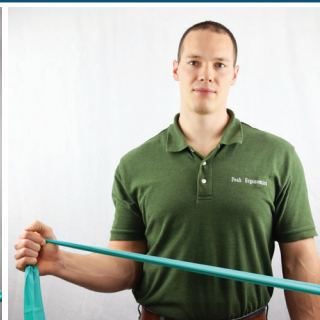
Gently pull your elbow to your right shoulder as you look over your left shoulder. Hold stretch for 5 sec.

Perform 3 reps. Do the same on the opposite side.

Resisted Shoulder External Rotation video #38

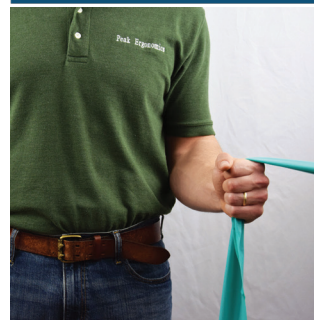


Using rubber tubing. Keep your elbow in at

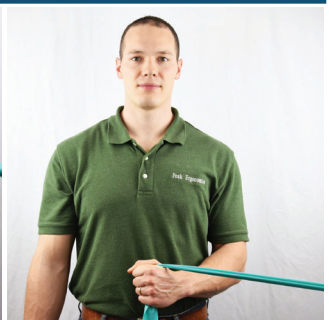


Rotate your arm outward away from your body. Perform 10-30 repetitions.

Resisted Shoulder Internal Rotation video #38

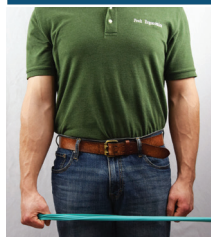


Using rubber tubing, keep your elbow at your side.



Rotate your arm inward across your body. Perform 10-30 repetitions.

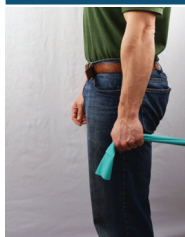
Resisted Shoulder Abduction video #38



Using rubber tubing, begin with arm at opposite hip and pull across front of body as shown. Perform 10-30 reps.



Resisted Shoulder Flexion video #38



Using rubber tubing, begin with arm at side and pull forward and upward as shown. Perform 10-30 reps.



Resisted Shoulder Extension video #38



Using rubber tubing, keep your elbow straight while pulling arm backward as shown. Perform 10-30 reps.

