

Lateral neck flexors muscles' stretching

Sitting position (as we mentioned before)

1st step 93223

- Sit properly.
- Hold your upper back on the chair (your scapulas touch the chair).
- As you hold this position, bend laterally your head.
- Feel a mild stretch on the other side of the neck. Hold it for 12 s.
- Return to the initial position, and repeat to the other side.

2nd step 93444

- Sit properly.
- Hold your upper back on the chair (your scapulas touch the chair).
- Place your arm over your head and touch with your hand the opposite ear.
- As you hold this position, bend laterally your head while pushing your arm with your same side hand to increase the stretch.
- Feel a stretch on the other side of the neck. Hold it for 12 s.
- Return to the initial position, and repeat to the other side.

3rd step 95405

- Sit properly.
- Hold your upper back on the chair (your scapulas touch the chair).
- Place your same side arm over your head and touch with your hand the opposite ear.
- Place the other side hand over the other arm and hold it.
- As you hold this position, bend laterally your head while you help with your same side arm pushing your hand to increase the stretch. At the same time the other hand holds the opposite arm to stay still.
- Feel a stretch on the other side of the neck. Hold it for 12 s.
- Return to the initial position, and repeat to the other side.

Rotator neck muscles stretching 94239

Sitting position (as we mentioned before)

- Sit properly.
- Hold your upper back on the chair (your scapulas touch the chair).
- As you hold this position, rotate your head.
- Feel a mild stretch on the back side of the neck. Hold it for 12 s.
- Return to the initial position, relax and repeat to the other side.

Rotator neck muscles stretching with isometric activation 95854

Sitting position (as we mentioned before)

- Sit properly.
- Hold your upper back on the chair (your scapulas touch the chair).
- As you hold this position, rotate your head.
- Feel a mild stretch on the back side of the neck.
- Place your hand against your chick (right rotation – right hand).
- Try to return to the initial position with your hand gently holding the head still.
- Hold it for 6 s. Relax.

- Then try to rotate more in the stretching position.
- Hold it for 12 s.
- Return to the initial position, relax and repeat to the other side.

Neck extensors muscles' stretching 100517

Sitting position (as we mentioned before)

- Sit properly.
- Hold your upper back on the chair (your scapulas touch the chair).
- Place your hands at the back of your head (thumbs down).
- Flex gently your head while you feel a mild stretch on the back side of the neck.
- Hold it for 12 s.
- Return to the initial position, relax and repeat.

Neck extensors and upper back muscles' stretching 100847

Sitting position (as we mentioned before)

- Sit properly.
- Hold your upper back on the chair (your scapulas touch the chair).
- Place your hands at the back of your head (thumbs down).
- Flex gently your head while you feel a mild stretch on the back side of the neck.
- Then move slowly your torso forward (torso flexion, no more than 30cm away from the chair) while you feel the stretching is moving lower.
- Hold it for 12 s.
- Return to the initial position, relax and repeat.

Neck extensors muscles' stretching with isometric activation 101350

Sitting position (as we mentioned before)

- Sit properly.
- Hold your upper back on the chair (your scapulas touch the chair).
- Place your hands at the back of your head (thumbs down).
- Flex gently your head while you feel a mild stretch on the back side of the neck.
- Try to extent your head while you place a mild and controlled resistance with your hands without moving.
- Hold it for 6 s.
- Relax and try to stretch more to initial direction.
- Hold it for 12 s.
- Return to the initial position, relax and repeat to the other side.

Lateral flexors and rotator muscles of the neck stretching 101740

Sitting position (as we mentioned before)

- Sit properly.
- Hold your upper back on the chair (your scapulas touch the chair).
- As you hold this position, bend laterally your head.
- Feel a mild stretch on the opposite side of the neck.
- Then rotate your head to the same direction so you can try to look at the floor.
- Feel a mild stretch and hold it for 12 s.

- Return to the initial position, and repeat to the other side.

Lateral flexors and rotator muscles of the neck stretching 102231

Sitting position (as we mentioned before)

- Sit properly.
- Hold your upper back on the chair (your scapulas touch the chair).
- As you hold this position, bend laterally your head.
- Feel a mild stretch on the opposite side of the neck.
- Then rotate your head to the other direction so you can try to look at the ceiling.
- Feel a mild stretch and hold it for 12 s.
- Return to the initial position, and repeat to the other side.

Triceps stretching I 102522

- Sitting position
- Place your arm above and back of your head bending the elbow.
- Place the opposite hand above the elbow while you move it towards the center line of the body.
- Feel the stretch in the back area of the arm and hold it for 12 s.
- Return to the initial position, and repeat to the other side.

Forearm muscle' stretching I 103634

- Sitting position
- Flex your arms in front of your chest.
- Extend your right palm.
- Try to extend it more with the opposite hand.
- Feel the stretch in the inner area of the forearm and hold it for 12 s.
- Return to the initial position, and repeat to the other side.

Forearm muscle' stretching II 103722

- Sitting position
- Flex your arms in front of your chest.
- Flex your right palm.
- Try to flex it more with the opposite hand.
- Feel the stretch in the lateral area of the forearm and hold it for 12 s.
- Return to the initial position, and repeat to the other side.

Thoracic muscle stretching. 103920

- Sitting position
- Keep your scapulas together while you bring your chest forward.
- Feel the stretch in the front area of the chest and hold it for 12 s.
- Return to the initial position, and repeat.

Thoracic muscle stretching I. 104458

- Sitting position
- Rotate your torso while your low back is still on the chair.
- Keep your upper back in upright position (scapulas closed) while rotating.
- Feel the stretch in the lateral area of the torso and hold it for 12 s.
- Return to the initial position, and repeat to the other side.

Upper back muscle stretching 105640

- Sitting position

- Place your arms in front of your chest and hold your fingers together.
- Turn your arms inwardly and try to push away and keep your scapulas in touch with the chair.
- Feel the stretch in the back area of the arm and hold it for 12 s.
- Return to the initial position, and repeat to the other side.

Upper back muscle stretching 105754

- Sitting position
- Place your arms in front of your chest and hold your fingers together.
- Turn your arms inwardly and try to push away and keep your scapulas in touch with the chair.
- Elevate your hands over your head as far as you can and hold it for 12 s.
- Feel the stretch in the back area of the torso and arms.
- Return to the initial position, and repeat to the other side.

Upper back muscle stretching 111020

- Sitting position
- Place the forearm over your desk and keep it still.
- Bend your torso laterally with the opposite arm-hand over your head.
- Feel the stretch in the lateral area of the torso.
- Hold it for 12s.
- Return to the initial position, and repeat to the other side.