



Balance & Motion

MASSAGE THERAPY

Neck Stretches

Proper technique for static stretches: 1) Warm up for 5-10 minutes. 2) Perform the movement until you feel a mild pull sensation. 3) Hold position for 20-30 seconds or until you feel the mild stretch sensation decrease. 4) Stretch both sides twice. **SP** = starting position **M** = movement **FS** = feeling of stretch



Upper Trapezius

SP: Facing forward, shoulders depressed.

M: Lean head sideways, ear towards shoulder.

FS: Side and back of neck.

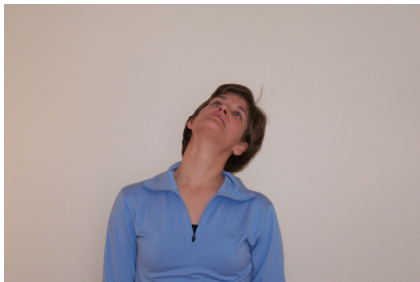


Levator Scapula

SP: Facing forward, ear to shoulder.

M: Look down towards same side.

FS: Side and back of neck.



Sternocleidomastoid (SCM)

SP: Facing forward, ear towards shoulder.

M: Lean head back and on an angle to the same side.

FS: Front and side of neck

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