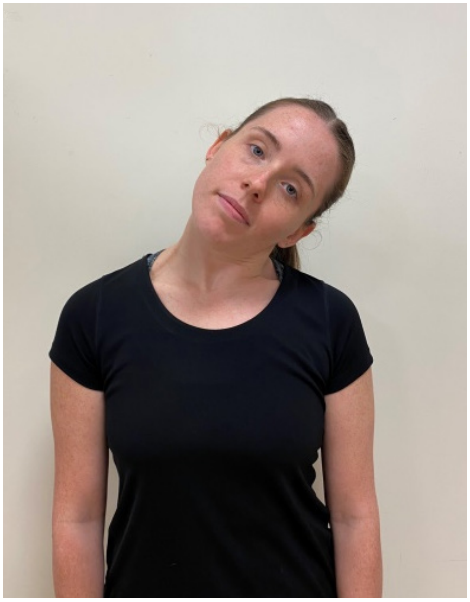
Physiotherapy Home Exercise Hand-Out

Soft Tissue Stretches

Exercise Picture	Description



Cervical Spine Side Flexion

1. Sitting on a supportive chair, with your feet flat on the floor, knees bent to 90 degrees and hip distance apart. Sit up tall and gently draw your shoulder blades back and down.
2. Tilt your head left/right, taking your ear down towards your shoulder. Keep your shoulders relaxed throughout.
3. You may feel a stretch in the your neck and shoulder muscles on the opposite side

Repetitions of 3
Hold for 10 - 30 seconds
Daily



Upper Trapezius Stretch

1. Sitting on a supportive chair, with your feet flat on the floor, knees bent to 90 degrees and hip distance apart. Sit up tall and gently draw your shoulder blades back and down.
2. Tilt your ear to your left/ right shoulder.
3. Then tip your head forwards bringing your chin towards your chest.
4. You may feel the stretch across the opposite neck and shoulder muscles.

Repetitions of 3
Hold for 10 - 30 seconds
Daily

Exercise Picture	Description





Scalene Stretch

1. Sitting on a supportive chair, with your feet flat on the floor, knees bent to 90 degrees and hip distance apart. Sit up tall and gently draw your shoulder blades back and down.
2. Place a towel between your left/right shoulder and your neck. Holding the towel loosely behind your back with one hand and at the front with your other hand.
3. Look down, gently taking your chin towards your chest. Then tilt your head away from the towel, taking your ear towards your shoulder
4. Once in position pull the towel downwards to depress the muscles between your shoulder and neck.
5. Feel the stretch across the muscles between the neck and shoulder on the side being depressed by the towel.

Repetitions of 3
Hold for 10 - 30 seconds
Daily

Web Address for further advice and exercise:

http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/

Scan the QR code below to take you to our website.

If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal Infirmary

Telephone: 01484 342434 or 01484 905380

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"