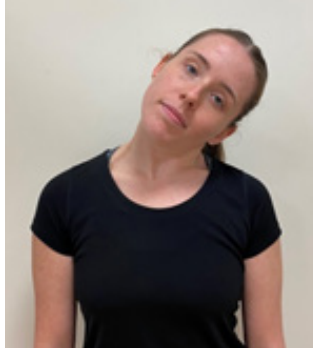


# Soft Tissue Stretches



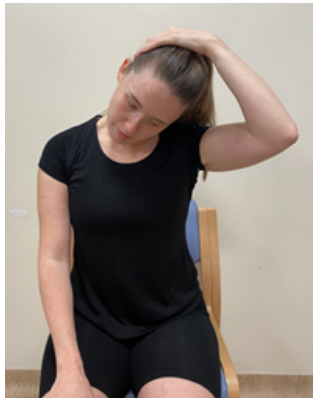
## Side Flexion Stretch

Sit tall.

Tilt your head to the right or left, taking your ear down towards your shoulder.

Keep your shoulder relaxed.

You will feel a stretch.



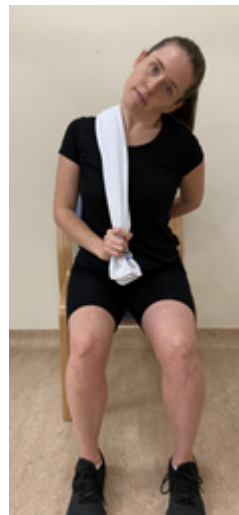
## Upper Trapezuis Stretch

Sit tall.

Tilt your head to the right or left and a little forwards.

Alternatively, hold onto the seat/arm of the chair with the affected arm, tilt your head slightly forwards and away from the affected side

You will feel a stretch.



## Scalenes Stretch

Sit tall.

Place a towel over your shoulder, tight into your neck, and place one hand in front, and one behind your back and pull down to depress your shoulder.

Tilt your head away from your arm, taking your ear down towards your opposite shoulder.

You will feel a stretch.

## Stretches

Stretches are designed to increase soft tissue flexibility.

We recommend holding the stretch for 10 – 30 seconds, repeated three times, and repeated throughout the day, 2 – 4 times.

You may lessen this initially to aid comfort.

## Web Address:

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

## QR Code:

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

MSK Physiotherapy Admin Office: 01484 905380

[www.cht.nhs.uk](http://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

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ 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"