



1. Put right hand on right arm of chair and left hand on the outside of right knee and rotate right shoulder and head towards back of the chair as if attempting to look over your right shoulder and repeat on the other side.
2. Sit upright on your chair and hold onto the side of your chair seat. Lift your legs off the floor and if your range of motion allows you to bring them up so they are parallel to the floor then do so, otherwise bring them up as high as you feel comfortable. Once your legs are raised lean forward at a very slight angle and then sit back as you lower your legs to the floor.
3. Sit upright and tilt your head backwards as you take your arms out behind you and attempt to keep your arms close to the back of the chair to feel a stretch across the chest. Then tilt your head slowly forward and take your arms out in front of you to feel a stretch in the upper back. Try to keep your core muscles pulled in as you perform this stretch but breathe in and out as you switch between the chest and back stretch.
4. Slowly tilt head back and forward as you sit upright and avoid going too fast with this movement.

## SEATED NECK AND SHOULDER STRETCHING