Canadian Chiropractic Guideline Initiative
ADVANCING EXCELLENCE IN CHIROPRACTIC CARE

Date: _____

Posture, Neck Stretching & Shoulder Stretching Exercises

Click on the title or find all the exercises on CCGI YouTube

✓	Exercises	Instructions	Notes
	Posture		
	 **Postural correction**	Postural correction 1: Straighten up your spine out of any slumped position, gently bring yo shoulder blades back and across towards the centre of your spine, and gently lift the base of your skull off the top of your neck. Hold the positions for 10 seconds. Repeating this postural correction throughout the day. Postural correction 2: Correct your posture by gently growing tall from the lower back and pelvic region. Gently raise your pelvis up out of the slumped position. Next, reposition your shoulde blades so they draw back and across your ribcage, towards the centre of your spine. This needs only minimal effort. Gently lift the base of your skull off your neck. Hold the position for at least 10 seconds. Repeat frequently during the day, for example 3-4 times an hour. Perform thes exercises when sitting, standing or while walking at work or at home.	•
	Neck stretching exercises		
	 **Neck extensor stretching**	With the help of one hand, in a sitting position, bring your chin to your sternum and bend your neck forward. Maintain this position for 30 seconds.	•
	 **Stretching in neck lateral flexion & rotation**	In a sitting position, chin retracted and head tilted to one side, turn your head towards the side you are stretching. Stabilize your shoulder using the hand on the opposite side. Maintain this position for 30 seconds.	•
	Shoulder stretching exercises		
	 **Pectoral stretching**	Put one hand on the wall parallel to the floor or on a door frame. Bring your chest forward while extending the arm. You should feel a gentle stretch of the shoulder and chest. Maintain this position for 30 seconds.	•
	 **Rhomboid stretching**	In a standing position tilt your chin forward and join your hands together in front of you, pushing them far away. Round up your back and maintain this position for 30 seconds.	•
	 **Trapezius stretching**	In a sitting position, keep your chin retracted and tilt your head to one side. Take care not to lift your shoulder on the side you're stretching. You may use the hand on the opposite side to increase the stretch. Maintain this position for 30 seconds and repeat on the other side.	•
	 **Triceps muscle stretch**	In a standing position, hold your elbow up in a flexed position near your head with your hand resting on the upper back. Maintain this position for 30 seconds.	•

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Bussières AE, Stewart G, Al-Zoubi F, Decina P, Descarreaux M, Hayden J, et al. The Treatment of Neck Pain–Associated Disorders and Whiplash-Associated Disorders: A Clinical Practice Guideline. Journal of Manipulative and Physiological Therapeutics. 2016;39(8):523-64.e27.