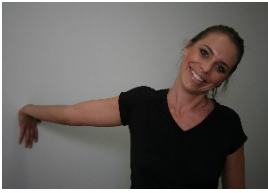


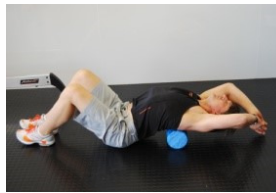
# + STRETCHES FOR UPPER LIMB AND BACK PAIN

## 1 NEURAL (NERVE) STRETCH



Raise your arm out to the side so that it is horizontal to the ground. Place your palm flat onto a wall with the fingers pointing down. Keep the elbow straight. Lean your neck in the opposite direction. Hold for 5 seconds.

## 2. THORACIC SPINE



Lie on the foam roller so that it runs across your shoulder blades. Bend your knees so that your feet are flat on the floor. Cross your arms across your chest (beginner), stretch them out to the side (intermediate) or above your head (advanced). Hold for 1 minute then move the roller up or down and repeat.

## 3. CHIN TUCK



The chin tuck will help strengthen the muscles that pull the head back into alignment over the shoulder blades. To perform keep your chin down and pull your head straight back. Pretend that a string is pulling the crown of your head upwards. Hold for 5 seconds and repeat 10 times

## 4. BACK EXTENSION STRETCH



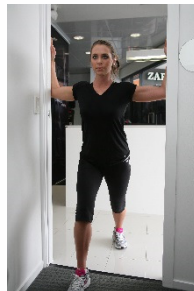
Stand tall with your hands on the bottom of your back. Lean backwards using your hands for support and look up to the ceiling. Hold for 10 seconds. This will help to mobilise the lumbar spine and the reduce pressure on lumbar discs.

## 5. BODY WEIGHT TRACTION



Hang from an overhead bar and allow your body weight to decompress your spine. You do not need to hang entirely off the ground. Simply bend your knees to stretch out. Caution: not advisable if shoulder pain is an issue.

## 6. CHEST STRETCH



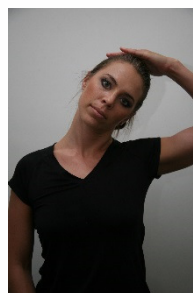
Stand in line within an open door space. Raise your arms so that the inside part of each forearm is on the upright part of the door frame. Place one leg in front of your body and gently transfer your body weight through the door opening. You should feel a stretch in your chest and upper arms.

## 7. BACKWARD SHOULDER ROLLS



Shrug both shoulders upwards. Gradually roll the shoulders back bringing the shoulder blades closer together. Perform slowly and repeat 10 times.

## 8. NECK SIDE FLEXION STRETCH



Look straight ahead; drop your left ear towards your left shoulder. Apply a gentle pressure with your right hand ensuring your right shoulder doesn't rise. Hold for 20 seconds and repeat on the other side. This will stretch your neck muscles and reduce tightness associated with neck pain and headaches.

