

UPPER EXTREMITY & NECK STRETCHES

Upper Extremity and neck stretches can be implemented into your routine immediately after delivery and continued to be performed throughout your postpartum recovery. These stretches will help relieve any discomfort in the upper body caused by poor posture, prolonged positions in bed, breastfeeding and carrying your baby, and overall recovery from delivery.



UPPER TRAPEZIUS STRETCH

SETS: 4 REPS: 20 seconds FREQUENCY: 2x a day

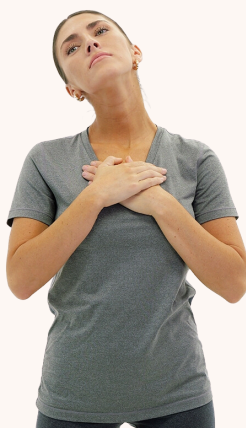
Sit comfortably in a chair, hold the bottom of the seat with one hand and place the other hand on your head as shown. Bend your head towards the opposite side of the hand that is holding the chair, pulling gently with your hand that is on top of the head. You should feel a stretch to the side of your neck. Repeat on both sides.



LEVATOR SCAPULAE STRETCH

SETS: 4 REPS: 20 seconds FREQUENCY: 2x a day

Place one arm behind your back and use your other hand to pull your head downward and towards the underarm of the opposite side. You should be looking towards your underarm. Repeat on both sides.



SCALENE STRETCH

SETS: 4 REPS: 20 seconds FREQUENCY: 2x a day

Place your hands one over the other on your breast bone. Next, tilt your head slightly upwards and then away from the stretching side until a gentle stretch is felt along the front and side of your neck. Repeat on both sides.



CROSS ARM STRETCH

SETS: 4 REPS: 20 seconds FREQUENCY: 2x a day

Grab on to the elbow of the arm you are stretching and pull it across the front of your body. Make sure to keep your shoulder down. Hold for gentle stretch and repeat on both sides.



MID BACK STRETCH

SETS: 4 REPS: 20 seconds FREQUENCY: 2x a day

Interlace your fingers, tuck your chin down, and then draw your hands forwards until a stretch is felt along your upper and mid back.

NOTE: You can change the position of your arms shoulder level or further downward to stretch different muscle fibers along your back.



PRAAYER STRETCH

SETS: 4 REPS: 20 seconds FREQUENCY: 2x a day

Place the palms of your hands together with your fingers pointed upwards in front of your chest. Then lower your hands slowly, keeping the palms pressed together and preventing the hands from coming apart.



PECTORALIS STRETCH

SETS: 4 REPS: 20 seconds FREQUENCY: 2x a day

Standing in a doorway, place your forearms on the door frame at a 45 degree angle from your body and lean forward into the doorway until a stretch is felt along the front of your chest and/or shoulder.

NOTE: You can control how much stretch you feel by placing a foot through the doorway in a semi lunge position and leaning further in.