

Hands-Up Stretch

GOAL: Duration 20 minutes

Allows your head, neck and shoulders to return to a more balanced and neutral position.

Instructions:

Lay on the floor with your hips and knees bent to 90°. A chair or some other support should be used to help support the feet.



Rest your arms on the floor in the shape of a football goal post in “cowboy surrender” position (arms straight out and elbows bent to 90°)
Hold this position for 20 minutes, bringing your arms down for temporary relieve if you lose circulation in your fingers/arms.
Repeat once daily until this position no longer provides a stretch.
At this time consult your chiropractor for the next part of this stretch sequence.

*NOTES:

It is safer to have the knees too close to the chest than too far away.
The stretch should be mild at all times!
Too much intensity could result in a lack of progress or injury.
If the stretch is too intense, you may begin by moving your forearms away from your head.
As stretch becomes easier bring hands towards head until you are in the correct position as described above.