

STRETCHING THERAPY HOME CARE HANDOUT #4B

HEAD FLEXION (chin to the chest)

1. Stand or sit in correct postural position.
2. Look straight forward.
3. Perform axial extension (chin tuck).
4. Slowly tilt your head to your chest.
5. Hold for **6 seconds**.

Repeat this **exercise 6 times**. This should be done **6 times per day** (approximately every 2 hours). (**6 seconds x 6 repetitions x 6 times per day**).



HEAD LATERAL FLEXION (ear to the shoulder)

1. Stand or sit in correct postural position.
2. Look straight forward.
3. Perform axial extension (chin tuck).
4. Slowly tilt your head to your shoulder.
5. Make sure you do NOT rotate your head.
6. Hold for **6 seconds**.

Repeat this **exercise 6 times** to one side followed by **6 times** to the other side. This should be done **6 times per day** (approximately every 2 hours). (**6 seconds x 6 repetitions x 6 times per day**).



HEAD $\frac{3}{4}$ FLEXION (chin to the arm pit)

1. Stand or sit in correct postural position.
2. Slowly rotate your head 45 degrees (halfway) to one side.
3. Slowly tilt your head down in direction to your arm pit.
4. Hold for **6 seconds**.

Repeat this **exercise 6 times** to one side followed by **6 times** to the other side. This should be done **6 times per day** (approximately every 2 hours). (**6 seconds x 6 repetitions x 6 times per day**).