

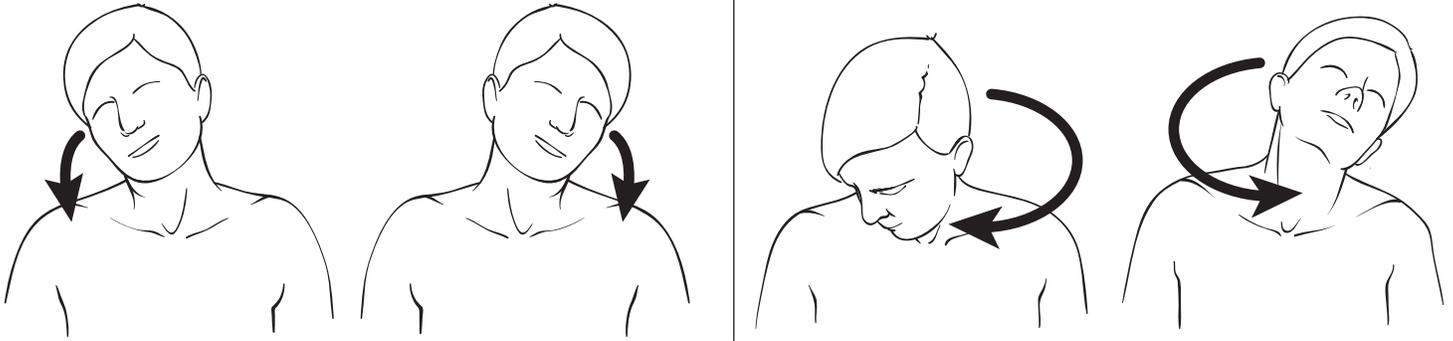


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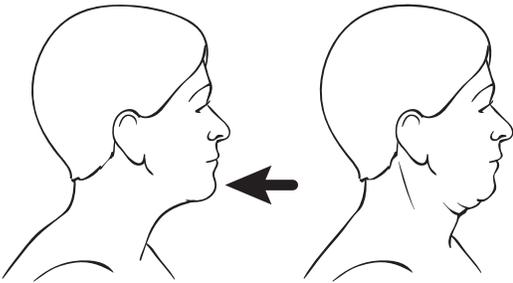
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## Neck: Active Range of Motion



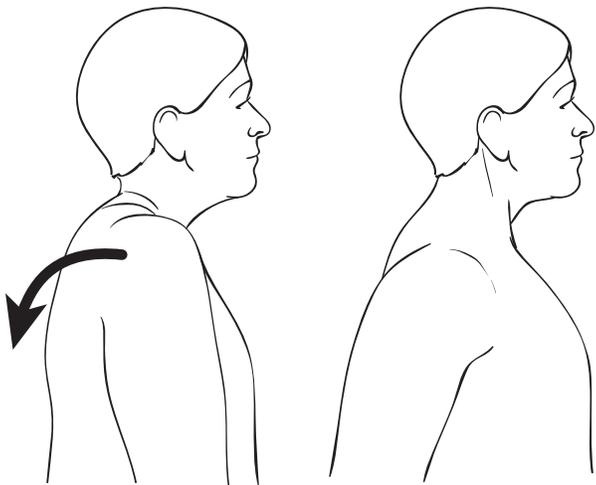
### Head Roll

Gently bow your head forward towards your chest; stretch your ear to your shoulder; then the opposite ear to the opposite shoulder. Next, gently roll your head in one direction 5 times, then repeat in the opposite direction 5 times. Perform exercise 3-5 times daily.



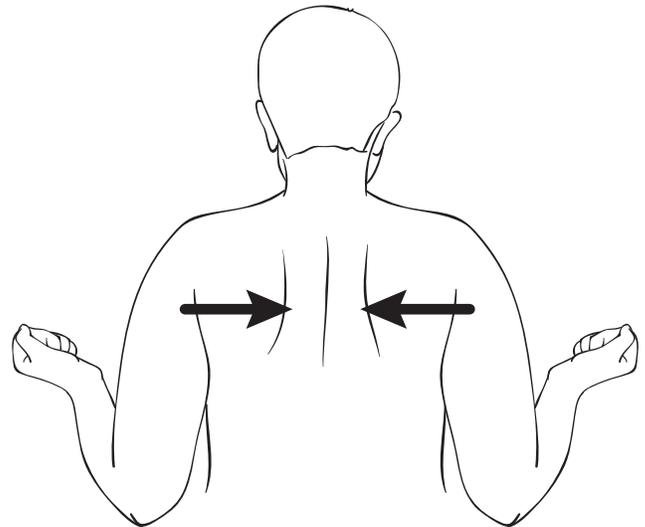
### Chin Tuck

Start with your chin in a comfortable normal position; retract your head back, keeping your eyes and chin level, hold this position for 5-10 seconds. You will feel stretching of the tissues at the back of your neck. Repeat for 5 repetitions, perform 3-5 times daily.



### Shoulder Roll

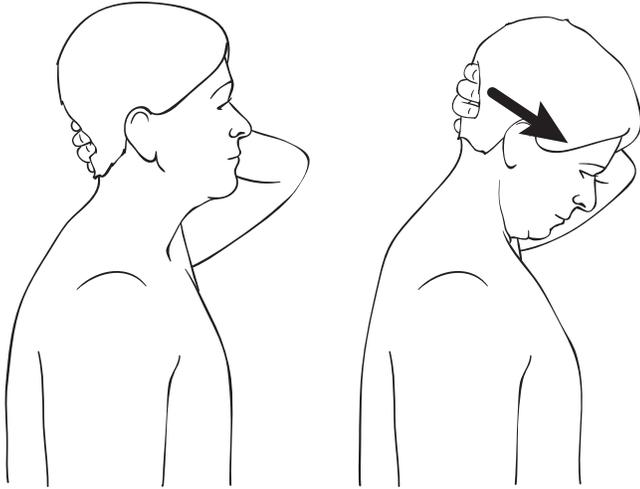
Starting in a comfortable normal position, roll your shoulders forward, then up towards your ears, then back as far as possible, holding that extreme position and squeezing your shoulder blades together for 5-10 seconds. Repeat for 5 repetitions, perform 3-5 times daily.



### Shoulder Retraction

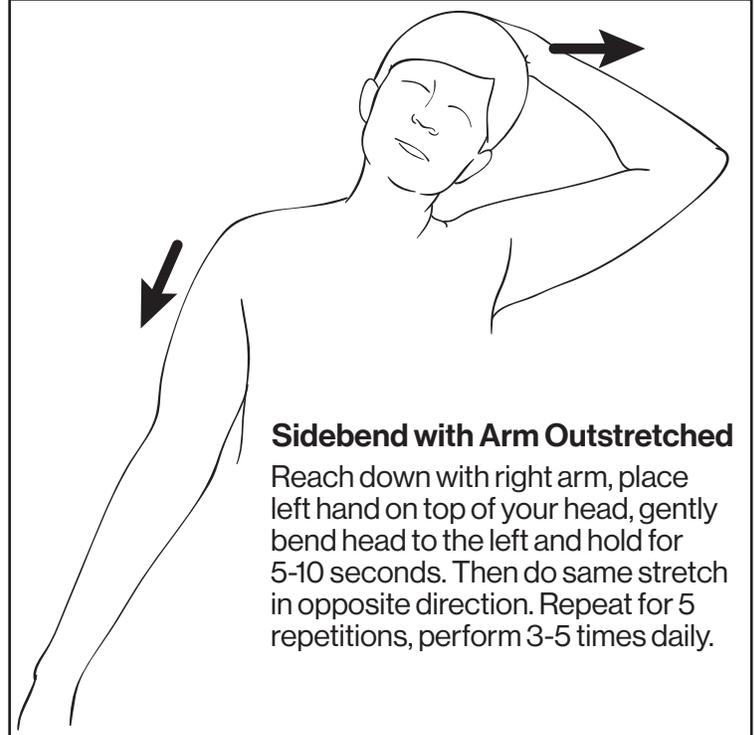
Begin with elbows bent 90 degrees with forearms angled away from your body. Pinch your shoulder blades together and pull your shoulders back to the maximum, hold this pose for 5-10 seconds. Repeat for 5 repetitions, perform 3-5 times daily.

## Neck: Static Stretches



### Cervical Flex

Place one or both hands on the back of your head. Gently push chin to your chest and hold this stretch for 5-10 seconds. Repeat for 5 repetitions, perform 3-5 times daily.



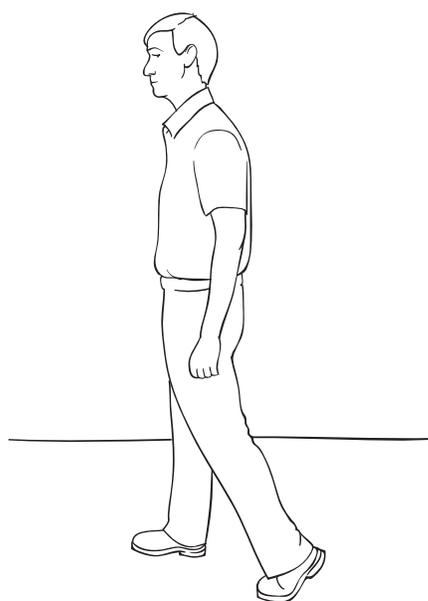
### Sidebend with Arm Outstretched

Reach down with right arm, place left hand on top of your head, gently bend head to the left and hold for 5-10 seconds. Then do same stretch in opposite direction. Repeat for 5 repetitions, perform 3-5 times daily.



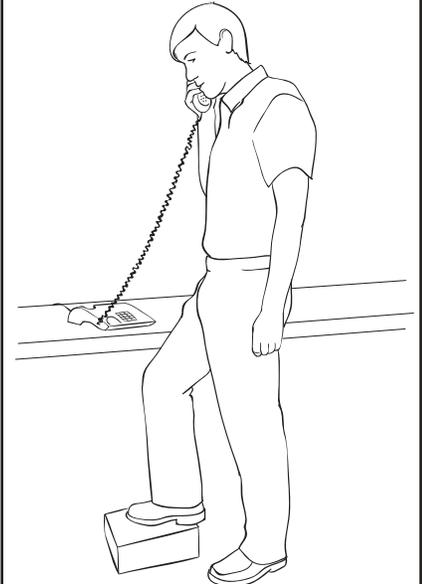
### Sitting Posture

Adjust chair height so that your feet rest comfortably flat on the floor, or use a foot rest if this is not possible. Sit as close as possible to the work surface and adjust its height to a comfortable level. Use a lumbar support behind your lower back as needed. Do a shoulder roll so that your shoulders are aligned squarely over your pelvis to avoid slouching. Repeat often throughout the day!



### Walking Posture

Do a shoulder roll to align your shoulders squarely over your pelvis. This maneuver will help remind you to stand up straight and erect and to avoid slouching. Repeat often throughout the day!



### Standing Posture

When standing in one position for a prolonged period, rest one foot on a foot stool to minimize load on the lower back.