




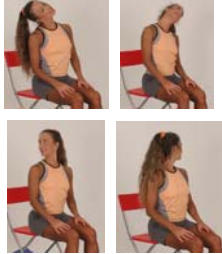










Take it With You™ Sheets:

Stretches to Alleviate Neck Tension

Neck tension can quickly become its own vicious cycle. Being stressed often provokes tightening of the neck, shoulder and chest muscles; on top of that, our everyday activities often exacerbate muscular imbalances of the upper body. This can lead to altering your movements to accommodate the discomfort, which leads to more tension in the neck and shoulders, which adds to stress...you get the picture. Fortunately, the stretches that can help break this cycle are typically easy to do and provide both immediate and long-term relief!

Warm-up Considerations: No need for a warm-up; you can do these stretches anytime you need.

Special Note: Where applicable, be sure to perform both the right and left sides of each stretch/exercise.

<p>Shoulder Shrugs and Circles</p> 	<p>Neck Stretches: Side to Side and Rotating</p> 	<p>Rear Shoulder Stretch</p> 	<p>Chair or Wall Downward Facing Dog</p> 	<p>Doorframe "High" and "Low" Diagonal Chest/Shoulder Stretches</p> 
<p>Doorframe Bent-elbow Rotating Chest/Shoulder Stretch</p> 	<p>Bound Neck Stretch</p> 	<p>Towel Chest Stretch Keep chest lifted</p> 	<p>Towel Arm/Shoulder Stretch</p> 	<p>Supine Twist, Palms Facing Up</p> 
<p>Towel Full Body Stretch Repetitions</p> 				<p>Supine 2-Knee Circles</p> 

ADDITIONAL GUIDELINES

Optimal timing/frequency: Whenever you feel neck tension or stiffness
Helpful Hints:

- Avoid holding your breath.
- When holding a stretch, concentrate on relaxing the target muscles.
- Avoid any position that causes pain or discomfort.
- For static (non-moving) stretches, hold the position for at least 30 seconds.
- Check with your doctor before beginning this or any exercise program.

