

SONOGRAPHER'S QUICK REFERENCE GUIDE TO STRETCHING IN THE WORK PLACE | BACK & NECK



Chin tucks

- Draw chin back (make a double chin)
- Lengthen back of neck
- Hold for 5 sec
- Repeat 3 times

AIM stretch upper cervical joints



Upper trapezius stretch

- Lower shoulder
- Tilt ear to the opposite shoulder
- Hold for 20 sec
- Repeat 3 times each side

AIM stretch upper trapezius



Levator scapula stretch

- Lower shoulder
- Tilt chin to opposite armpit
- Hold for 20 sec
- Repeat 3 times each side

AIM stretch levator scapula



Pectoral stretch

- Interlace fingers at the back
- Pull hands down and back
- Hold for 20 sec
- Repeat 3 times

AIM stretch pectoral muscles



Chest drop

- Hang onto stable front support
- Lean forward and let chest drop towards ground
- Hold for 10 sec
- Repeat 5 times

AIM improve thoracic extension



Thoracic rotation stretch

- Sit on chair and cross legs
- Twist and look over shoulder
- Hold for 10 sec
- Repeat 3 times each side

AIM improve thoracic rotation



Back extension stretch

- Stand and place hands in lower back
- Extend back over hands
- Hold for 10 sec
- Repeat 3 times

AIM improve lower back flexibility



Shoulder shrugs

- Roll shoulders up to ears and forwards
- Repeat 5 times
- Roll shoulders up to ears and backwards
- Repeat 5 times

AIM reduce tension in neck