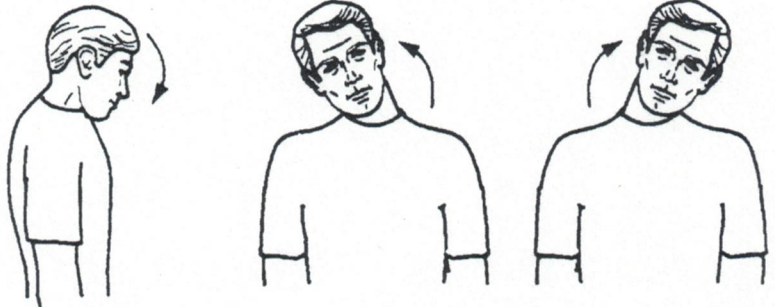


# Neck and Shoulder Relaxation Exercises

Do these exercises \_\_\_\_\_ times each, \_\_\_\_\_ times a day.

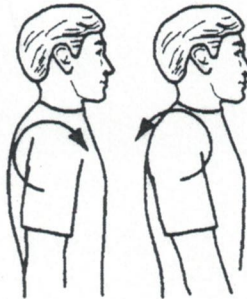
- Bring your chin in towards your chest.

Slowly roll your head towards the left and then the right. Relax and repeat.



- Shrug your shoulders, bringing them up towards your ears.

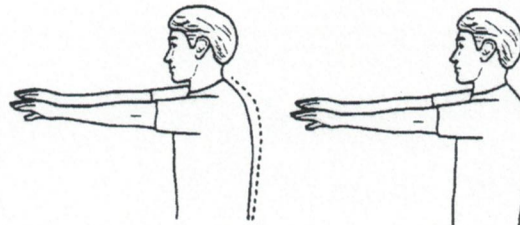
- Roll your shoulders forward in a circle. Then, roll your shoulders backwards in a circle. Relax and repeat.



- Try to bring your shoulder blades together in back of you. Relax and repeat.



- With your arms straight out in front of your, reach forward as far as possible. Relax and repeat.



If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).

© Copyright, (8/2004)  
Department of Rehabilitation Services  
The Ohio State University Medical Center

- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.

- ❑ Sit or stand with one hand on your chest and the other on your stomach. Breathe in deeply through your nose and make both hands move as your chest and stomach both expand. As you breathe out, feel your hands move in on your chest and stomach.



- ❑ Sit up straight in a chair or stand up straight. Breathe in deeply through your nose while rolling your shoulders back. Keep your back straight and your head up. Roll your shoulders forward while you breathe out through your nose.



- ❑ Sit or stand and cross your arms in front of your body. Lift your crossed arms straight up while breathing in through your nose. Feel your rib cage lift and expand. Lower your arms slowly while breathing out through your nose. Relax and repeat.



- ❑ Stand and feel your spine being pulled up, like your spine is on a string, while you take a deep breath in through your nose. Your head should be up and your shoulders back. Think about your chest and stomach pushing out when you breathe in and pulling back in when you breathe out.

**If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**

© Copyright, (1/2003)  
Department of Rehabilitation Services  
The Ohio State University Medical Center

- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.

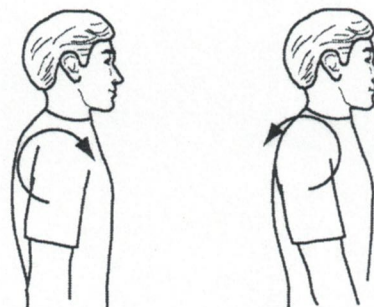
# Scapular Exercises

Repeat each exercise 5 times, \_\_\_\_\_ times each day.

- Shrug your shoulders, bringing them up toward your ears. Relax and repeat.



- Roll your shoulders forward in a circle. Then, roll your shoulders backwards in a circle. Relax and repeat.



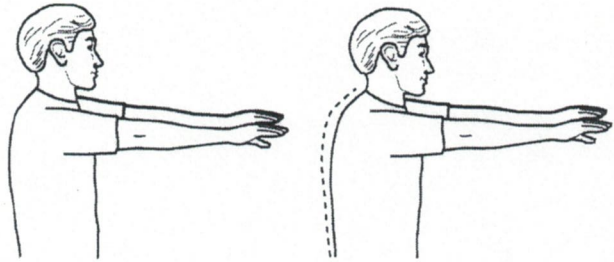
- Try to bring your shoulder blades together in back of you. Relax and repeat.



More on next page →

Learn more about your health care.

- ❑ With your arms straight out in front of you, reach forward as far as possible. Relax and repeat.

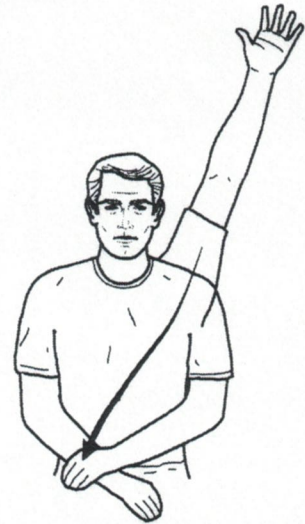


## Diagonal Shoulder Exercises

The following exercises use combined patterns of motion that may be in daily activities such as fastening a seatbelt or throwing a ball. Each exercise should be done with both your right and left arms. Keep your elbow straight and **watch your hand** as you do these exercises.

Repeat each exercise 5 times, \_\_\_\_\_ times each day.

- ❑ Start with your left arm up and over your left shoulder with you palm facing you. Bring your left arm down across your body with your thumb pointing toward your right hip. Repeat with your other arm.



- ❑ Start with your left arm out to the side with your palm facing behind you. Raise your arm up and across your chest with your thumb pointing toward the ceiling. Repeat with your other arm.

