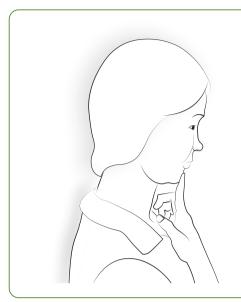
SONOGRAPHER'S QUICK REFERENCE GUIDE TO STRETCHING IN THE WORK PLACE | BACK & NECK





Chin tucks

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



stretch upper cervical joints



Upper trapezius stretch

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



stretch upper trapezius



Levator scapula stretch

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



stretch levator scapula



Pectoral stretch

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



stretch pectoral muscles



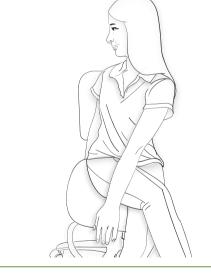
Chest drop

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



improve thoracic extension

[]

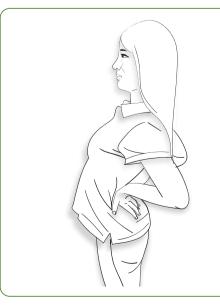


Thoracic rotation stretch

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



improve thoracic rotation



Back extension stretch

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



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



reduce tension in neck

