



Posture, Neck Stretching & Shoulder Stretching Exercises

Click on the title or find all the exercises on CCGI YouTube 

✓	Exercises	Notes
Posture		
	<u>Postural correction</u>	
Neck stretching exercises		
	<u>Neck extensor stretching</u>	
	<u>Stretching in neck lateral flexion & rotation</u>	
Shoulder stretching exercises		
	<u>Pectoral stretching</u>	
	<u>Rhomboid stretching</u>	
	<u>Trapezius stretching</u>	
	<u>Triceps muscle stretch</u>	

These exercises have been developed by the Canadian Chiropractic Guideline Initiative (CCGI).

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Find out more at www.chiroguidelines.org

* Bussi eres AE, Stewart G, Al-Zoubi F, Decina P, Descarreaux M, Hayden J, et al. The Treatment of Neck Pain–Associated Disorders and Whiplash–Associated Disorders: A Clinical Practice Guideline. *Journal of Manipulative and Physiological Therapeutics*. 2016;39(8):523-64. e27.