

# NAIROBI ARTHRITIS CLINIC

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## Stretching Exercises for your neck and shoulders

These exercises can help relieve pain and stiffness in your neck and shoulders. Start them gradually, and do not force the movements if they cause pain. Mild discomfort lasting a few minutes after exercise is normal. Do all of these steps in the order described to complete 1 set. Do 3 sets in the morning and evening, or more often as needed. A hot shower or bath or a heating pad can be used to relax tight muscles before you exercise.



**Sit or stand upright** and keep the chin level tucked in. Rotate the head slowly to the right and then left. Repeat 5 times each way.



**Standing or sitting upright**, arms relaxed at sides, roll shoulders up and forward, then down and as far back as you can, breathing deeply. Lower to starting position as you breathe out. Relax. Repeat several times.



**Look forward** with hands still behind neck, and bring elbows together to meet in front. Hands can be loosened behind neck. Drop hands, and relax.

**While lying down**, clasp your hands behind your head.

Gently pull your neck

forward without lifting your shoulder off the floor.

Stretch the back of your neck and hold for 10 counts.

Repeat 3 times slowly.

