



**momentum**  
**CHIROPRACTIC**

Stretches for the

## Neck, Shoulders & Arms

*Approximately 5 Minutes*

Many people carry stress in their neck and shoulder area. This stretching routine will help with that problem. Do these stretches throughout the day. Breathe deeply and relax.



5-6 seconds



3-5 seconds  
2 times



5-6 seconds  
2 times



8-10 seconds  
each side



10 seconds  
2 times



5 seconds  
2 times



8-10 seconds  
each side



8-10 seconds  
each side  
2 times



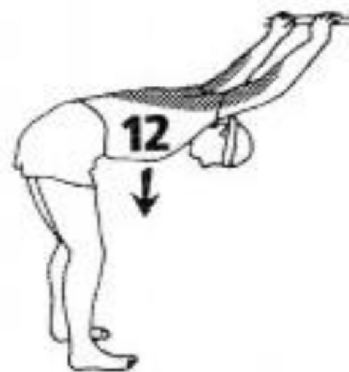
15 seconds  
each arm  
2 times



15-20 seconds  
each arm



15-20 seconds



15-20 seconds

Demonstrations of all stretches can be found on our YouTube channel by searching Momentum Chiropractic stretching