

Neck & Shoulder Stretch Guide

Your guide to relieving tension and improving posture

Step 1: Diaphragmatic Breathing Reset

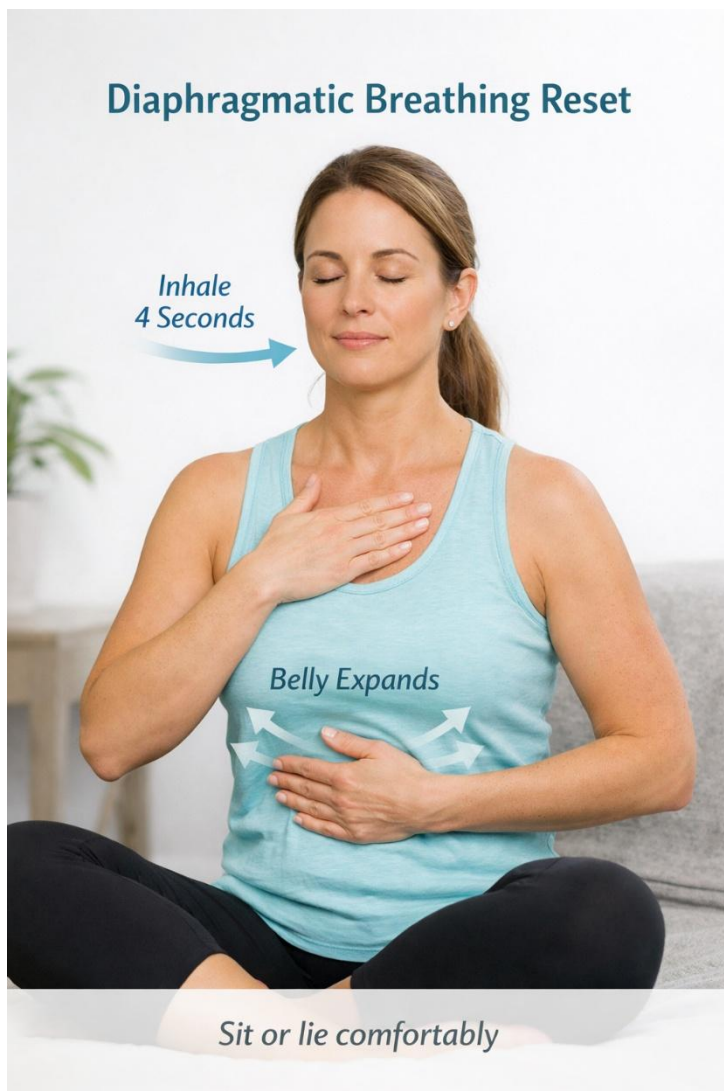
Perfect starting exercise before stretching.

How to do it:

- Sit or lie comfortably
- Place one hand on your chest, one on your belly
- Inhale through your nose for 4 seconds, belly expands
- Exhale slowly through your mouth
-

Time: 5 breaths

Benefit: Relaxes neck muscles and reduces tension patterns



Step 2: Upper Trapezius Stretch

Targets one of the most common tight muscles in massage clients.

How to do it:

- Sit tall
- Gently tilt your head to the side
- Use your hand to lightly deepen the stretch
- Keep shoulder relaxed

Hold: 20–30 seconds each side



Step 3: Levator Scapulae Stretch

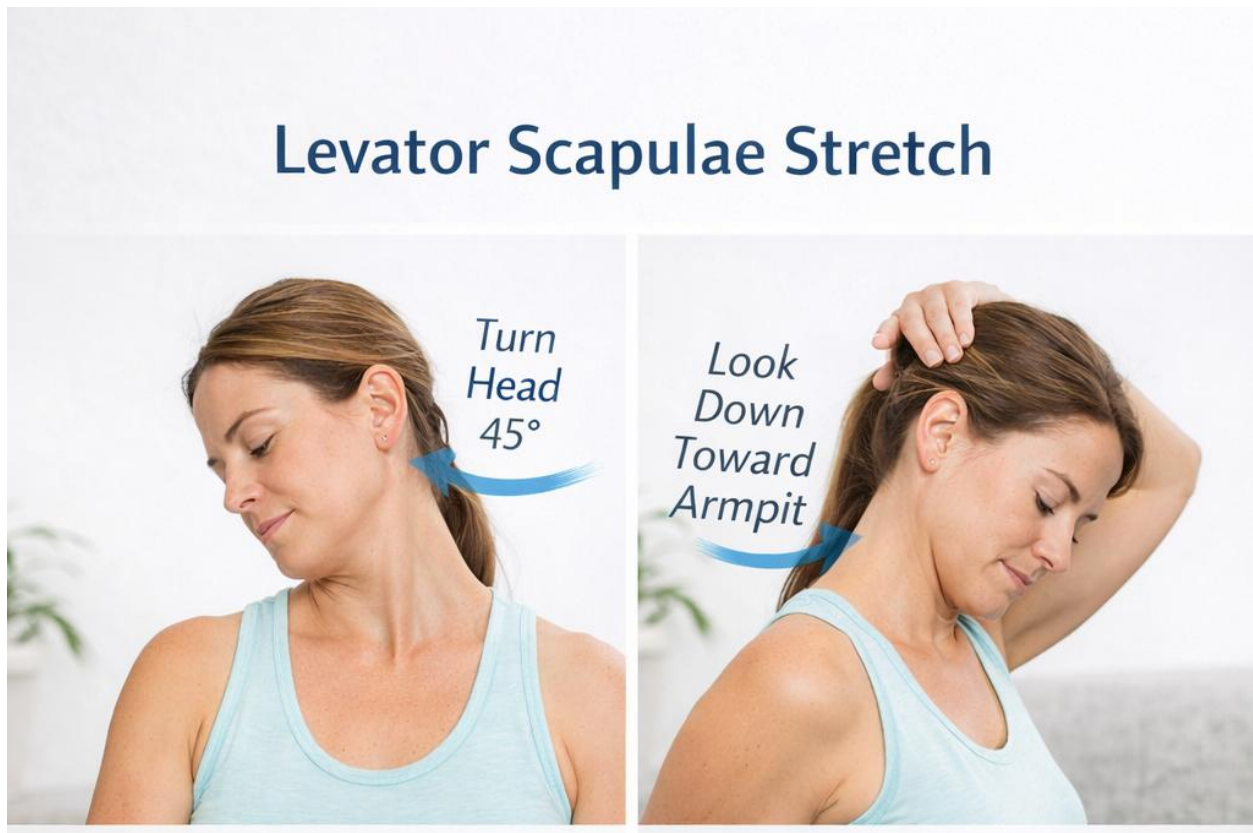
Excellent for "phone neck" and desk posture.

How to do it:

- Turn your head 45°
- Look down toward your armpit
- Gently pull your head forward
-

Hold: 20–30 seconds each side

Benefit: Helps correct rounded shoulders



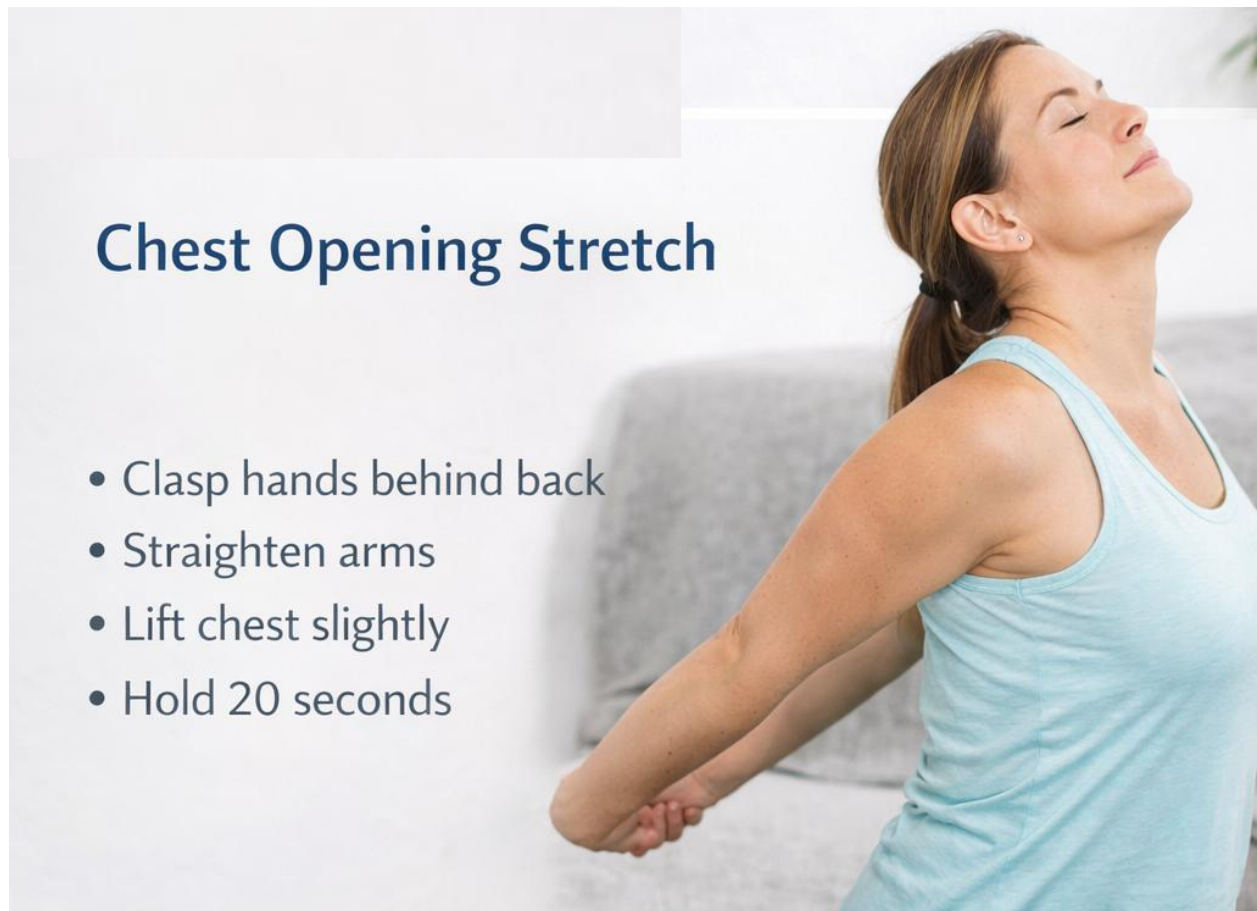
Step 4: Chest Opening Stretch

How to do it:

- Clasp hands behind back
- Straighten arms
- Lift chest slightly
-

Hold: 20 seconds

Benefit: Opens chest and reduces forward head posture



Chest Opening Stretch

- Clasp hands behind back
- Straighten arms
- Lift chest slightly
- Hold 20 seconds

Tips for Use

- Perform 1–2 times per day
- Breathe deeply and slowly
- Move gently; avoid pain