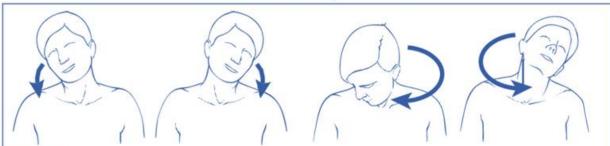
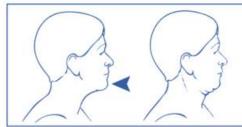
Peter D. McCann, MD Director, Orthopaedic Surgery and Orthopaedic Strategic Initiatives, Lenox Health Greenwich Village Pmccann1@northwell.edu www.shouldersurgerynyc.com Northwell Health Physician Partners Orthopaedic Institute at LHGV 7 7th Avenue, 2nd Floor New York, NY 10011 (646) 665-6784

Neck: Active Range of Motion



HeadRoll

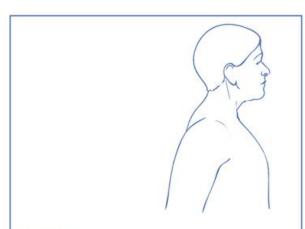
Gently bow your head forward towards your chest; stretch your ear to your shoulder; then the opposite ear to the opposite shoulder. Next, gently roll your head in one direction 5 times, then repeat in the opposite direction 5 times. Perform exercise 3-5 times daily.



ChinTuck

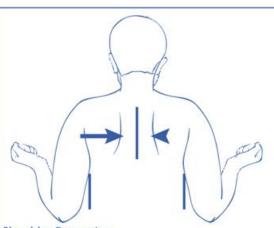
Start with your chin in a comfortable normal position; retract your head back, keeping your eyes and chin level, hold this position for 5-10 seconds. You will feel stretching of the tissues at the back of your neck. Repeat for 5 repetitions, perform 3-5 times daily.

Shoulder Rolls and Retractions



Shoulder Roll

Starting in a comfortable normal position, roll your shoulders forward, then up towards your ears, then back as far as possible, holding that extreme position and squeezing your shoulder blades together for 5-10 seconds. Repeat for 5 repetitions, perform 3-5 times daily.



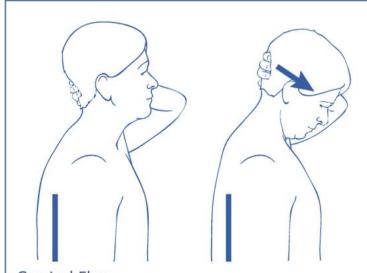
Shoulder Retraction

Begin with elbows bent 90 degrees with forearms angled away from your body. Pinch your shoulder blades together and pull your shoulders back to the maximum, hold this pose for 5-10 seconds. Repeat for 5 repetitions, perform 3-5 times daily.

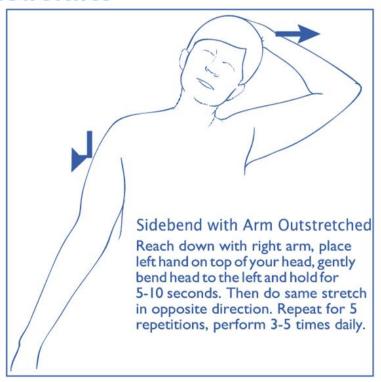
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Neck:StaticStretches



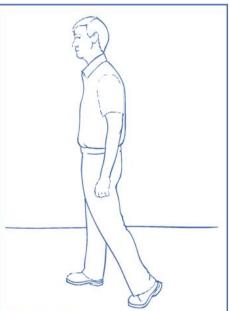
Cervical Flex
Place one or both hands on the back of your head.
Gently push chin to your chest and hold this stretch for 5-10 seconds. Repeat for 5 repetitions, perform 3-5 times daily.





Sitting Posture

Adjust chair height so that your feet rest comfortably flat on the floor, or use a foot rest if this is not possible. Sit as close as possible to the work surface and adjust its height to a comfortable level. Use a lumbar support behind your lower back as needed. Do a shoulder roll so that your shoulders are aligned squarely over your pelvis to avoid slouching. Repeat often throughout the day!



Walking Posture

Do a shoulder roll to align your shoulders squarely over your pelvis. This maneuver will help remind you to stand up straight and erect and to avoid slouching. Repeat often throughout the day!



Standing Posture When standing in one position for a prolonged period, rest one foot on a foot stool to minimize load on the lower

back.