

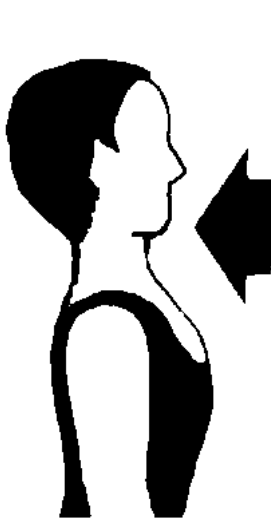


The Pain Management Programme

Stretch Programme

- Move slowly into the stretch
- Aim to hold the stretch for a slow count of five seconds
- Slowly release the stretch and return to the starting position

Neck Stretches



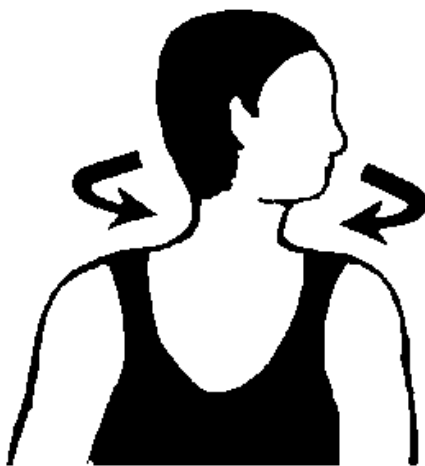
1. Chin tucks



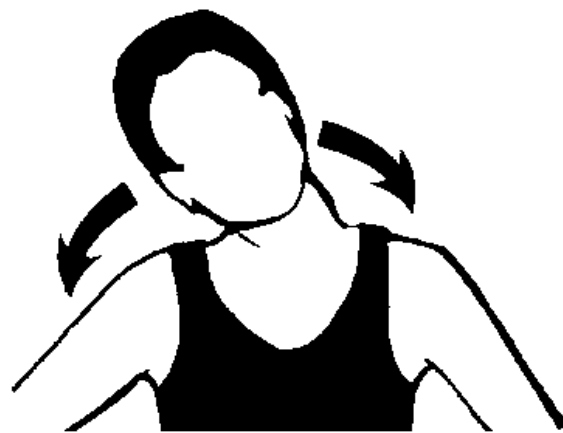
2. Backwards



3. Forwards



4. Rotation



5. Sideways

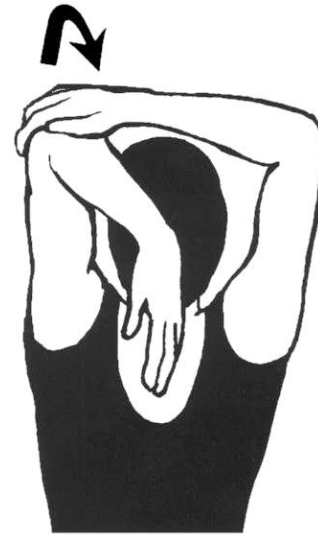
Shoulder stretches



6. Arm across chest



7. Hand behind back

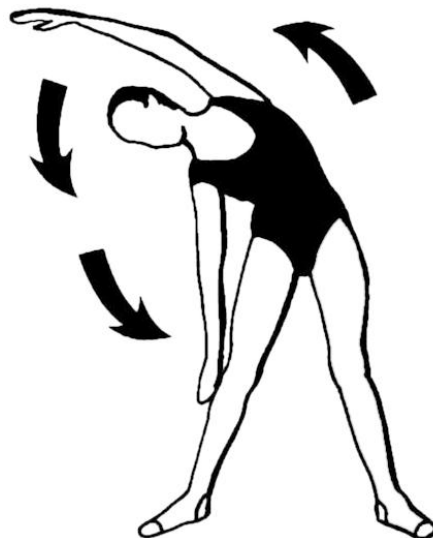


8. Hand behind head

Trunk stretches



9. Rotation



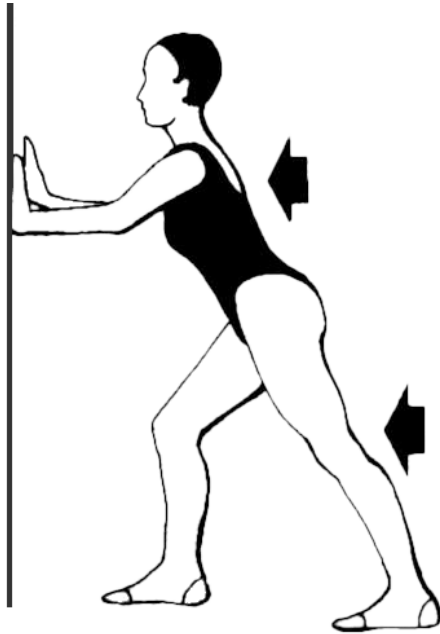
10. Side bend



11. Arch

Remember: stretch slowly, with control

Leg stretches



12. Calf



13. Groin



14. Hamstrings



15. Knee to chest



16. Thigh stretch (can be done standing)

Stretching ➡ Flexibility ➡ Function