



# Louis Attard

Bowen Therapist  
Geelong

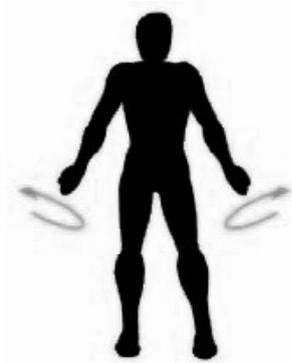
Ph. 0430 795 666

## Shoulder & Neck Exercise Suggestions

Any Questions Ph. 0430 795 666

**IMPORTANT:** Exercise GENTLY. If you push too hard you will hurt yourself and your health will go backwards. Progress is the benefits your body receives from increased circulation while performing each exercise through regular daily practice, not how far you can stretch. Immediately stop any exercise if it causes or increases pain. Begin exercises the DAY AFTER your Bowen treatment.

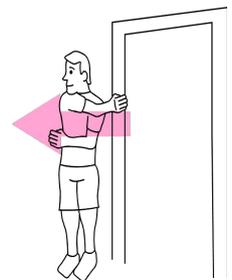
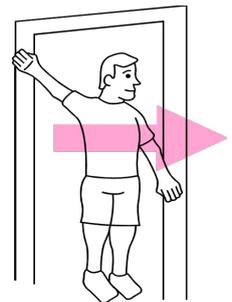
### Shoulder Circles



1. Rotate the good arm within the comfort range, six times in one direction and six times in the other direction – clockwise, then anti-clockwise.
2. The size of the circles can be increased as the range of motion increases
3. Perform the exercise on the other arm.

### Door Frame Shoulder Stretch

1. Grasp a door frame so that your arm is stretched out straight beside you.
2. Gently stretch through the same-side shoulder so that you feel it in your chest and shoulder. Take care to avoid excessive pressure on the front of your shoulder.
3. Hold for 5 seconds.
4. Step and turn your body around towards your outstretched arm so that your arm is in front of you, and across your body. Gently stretch your opposite shoulder towards the arm that's grasping the door frame so you can feel the stretch along the back of your shoulder
5. Hold for 5 seconds.
6. Do 6 repetitions of each, turning back and forth.
7. Stretch the opposite shoulder. It is possible to grab the door at different heights to stretch out your muscles in different angles, but to begin with have your hand at shoulder height, or as near as shoulder height as you can go without pain.



## External Rotator Cuff Stretch

1. Stand up straight with your hand behind the middle of your back, back of hand in contact with your back. Have your elbow pointing out to the side of your body.
2. Reach over with your other hand and gently pull your elbow forward.
3. Hold for 10 to 30 second and breath normally. Perform the stretch on the other arm.



## Neck Stretch



1. Sit on one hand with the palm facing down and sit up straight. This locks in the shoulder so it doesn't lift up.
2. Look down towards the opposite hip. With your free hand, gently pull your head towards that hip.
3. To stretch the very upper portion of your neck. Rotate your head further around towards your underarm and place your chin onto your shoulder. With your free hand, gently pull your head towards that hip.

4. To stretch the very lower portion of your neck, have your head facing forward (not shown in diagram). With your free hand, gently pull your head towards that hip.
5. Pull gently. Hold for 30 seconds. Breath normally.
6. Perform the stretches on both sides. After you finish rotate your head around in circles, clockwise and anti-clockwise. Then look left and right, back and forth a few times to help relax and release the neck muscles also.