

Neck and Shoulder Relaxation Exercises

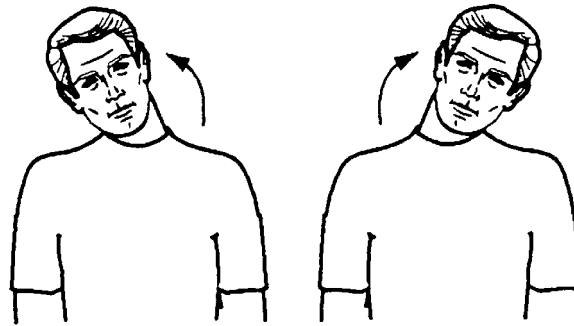
Do these exercises _____ times each, _____ times a day.

Chin roll

1. Bring your chin in towards your chest.



2. Slowly roll your head towards the left and then the right.



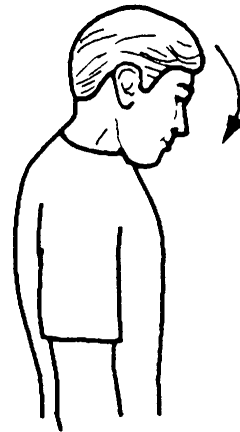
3. Relax and repeat.

Ejercicios para relajar el cuello y los hombros

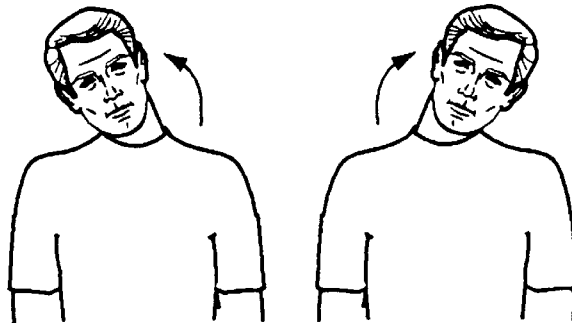
Haga estos ejercicios _____ veces, _____ veces al día.

Giro de barbilla

1. Acerque la barbilla a su pecho.



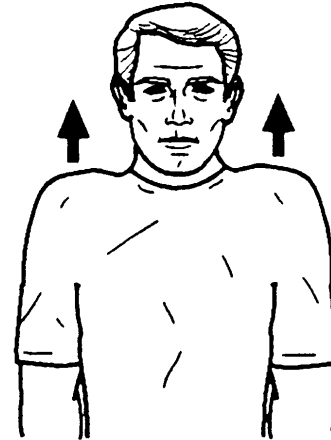
2. Haga girar lentamente la cabeza hacia la izquierda y luego hacia la derecha.



3. Relájese y repita el ejercicio.

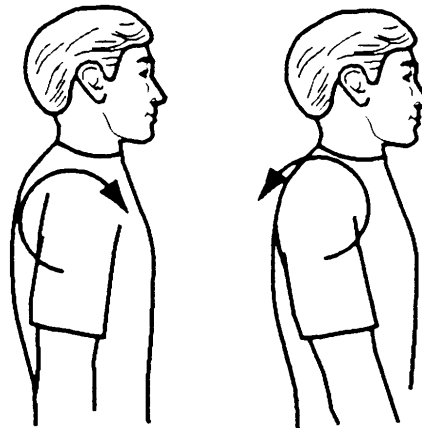
☐ **Shoulder shrug**

1. Shrug your shoulders, bringing them up towards your ears.
2. Lower your shoulders and repeat.



☐ **Shoulder rolls**

1. Roll your shoulders forward in a circle.
2. Then, roll your shoulders backwards in a circle.
3. Relax and repeat.



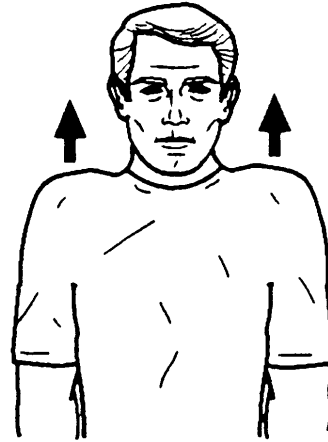
☐ **Shoulder blades together**

1. With your arms bent at the elbows, push back to bring your shoulder blades together at your back. Try not to lift your shoulders up.
2. Relax and repeat.



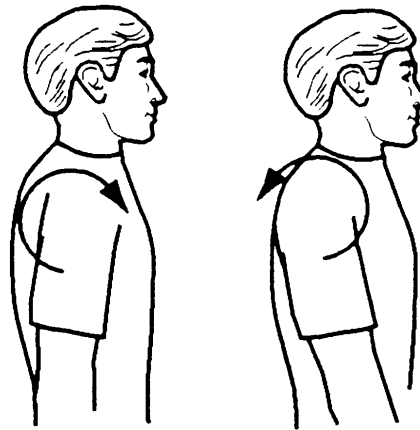
❑ Encogimiento de hombros

1. Encoja los hombros, subiéndolos hacia las orejas.
2. Baje los hombros y repita el ejercicio.



❑ Giros de hombros

1. Gire los hombros hacia adelante, en círculos
2. Luego, gire los hombros hacia atrás, en círculos.
3. Relájese y repita el ejercicio.



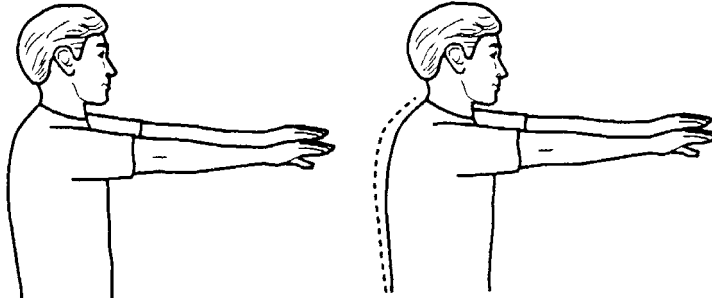
❑ Omóplatos juntos

1. Con los brazos flexionados a la altura de los codos, haga fuerza hacia atrás, para juntar los omóplatos en la espalda. Trate de no levantar los hombros.
2. Relájese y repita el ejercicio.



□ Arm reach

1. With your arms straight out in front of you, reach forward stretching your arms as far as you can.



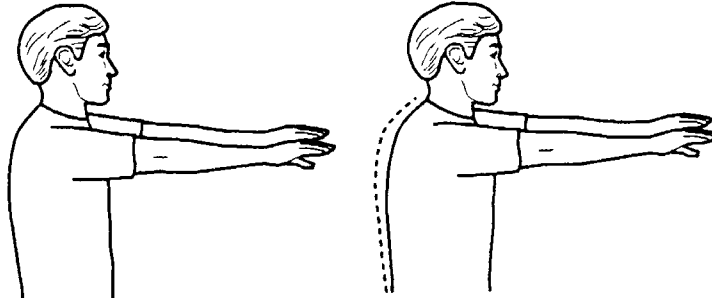
2. Relax and repeat.

5/2013 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

❑ Estiramiento de brazos

1. Con los brazos estirados hacia adelante, procure que se estiren lo más lejos posible.



2. Relájese y repita el ejercicio.

5/2013 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Neck and Shoulder Relaxation Exercises. Spanish.