

# Sample Chairside Stretches

from "Smart Moves in the Operatory: Chairside Stretching" DVD  
All 20 Chairside Stretches available at [www.posturedontics.com](http://www.posturedontics.com)



## NECK & SHOULDER COMBO

Elbow at 90 degrees and shoulder height. Gently pull arm across front of body with opposite arm. Look over shoulder being stretched. Hold 2-4 breath cycles.



## THE UNTWISTER STRETCH

Legs in tripod position, bend to your left side, resting left elbow on left knee. Stretch right arm overhead and look toward ceiling. Hold 2-4 breath cycles.



## PECTORALIS STRETCH

Sit tall, tuck chin. Clasp fingers behind back. Breathe in and press shoulders backward as exhaling. Hold 2-4 breath cycles.



## SCALENE STRETCH (Ear-to-Shoulder)

Anchor right hand behind your back or chair. Slowly bring left ear toward left shoulder. Hold 2-4 breath cycles.



## TRAPEZIUS STRETCH (Ear-to-Armpit)

Anchor right hand behind your back or chair. Slowly bring left ear toward left armpit. Hold 2-4 breath cycles.



## SHOULDER CIRCLES

Sit tall, shoulders relaxed. Breathe in deeply. As you slowly exhale, roll shoulders forward, up and backward in a complete circle, returning to the relaxed starting position. Repeat 5 times.