Sample Chairside Stretches
from “Smart Moves in the Operatory: Chairside Stretching” DVD
All 20 Chairside Stretches available at www.posturedontics.com

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.

TRAPEZIUS STRETCH (Ear-to-Armpit)
Anchor right hand behind back or chair. Slowly bring left ear toward right armpit. 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.

PECTORALIS STRETCH

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.