

## SLEEP IN BED STRETCHES

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View at [www.my-exercise-code.com](http://www.my-exercise-code.com) using code: ZT8MA8U



### UPPER TRAP STRETCH - HOLDING CHAIR



While sitting in a chair, hold the seat with one hand and bend your head towards the opposite side for a gentle stretch to the side of the neck.

Repeat 2 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day

### SCALENE STRETCH - HANDS ON CHEST - DEEP ANTERIOR NECK FLEXOR STRETCH



Place your hands overlapping on your breast bone. Next, tilt your head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.

Repeat 2 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 1 Times a Day

### RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND



Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day



### FINGER ABDUCTION TO CLOSED FIST

Open and close your hand into a fist and repeat. When opening, attempt to open as wide as you can as you spread out your fingers maximally.

Work within your available range.

Repeat 10 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day



### WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 1 Time

Complete 1 Set

Hold 20 Seconds

Perform 1 Times a Day



### WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 1 Time

Complete 1 Set

Hold 20 Seconds

Perform 1 Times a Day



### CHILD POSE -LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out toward the side. □ □ □ □  
You can also do this on the side of the bed.

Repeat 2 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day



### ANGRY CAT STRETCH

While in a crawl position, draw up your spine to arch your back.  
You can also do this by bending forward on the side of your bed.

Repeat 10 Times  
Complete 1 Set

Hold 1 Second  
Perform 1 Times a Day



### THORACIC ROTATION - QUADRUPED

While in a crawl position, lower your buttock a little towards your feet to get in a lower position as shown.

Next, with a hand behind your head, rotate your body and your head to the side, then return.

You can also do this by bending forward on the side of your bed or at the wall.

Repeat 10 Times  
Complete 1 Set

Hold 1 Second  
Perform 1 Times a Day

\*The information provided in this document is for educational and entertainment purposes only and is not to be interpreted as a recommendation for a specific treatment plan\*\*

### LOWER TRUNK ROTATIONS - KNEE ROCKS



Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.

Repeat 20 Times

Complete 1 Set

Perform 1 Times a Day

### ROTATIONAL QUADRATUS STRETCH



While lying on your back, cross one leg on top of your knee as shown. Next, slowly lower your knees down towards the ground on the side which has the leg on top.

Repeat 4 Times

Complete 1 Set

Hold 10 Seconds

Perform 1 Times a Day

### SIDE LYING TRUNK ROTATION



While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your head with your hand.

Repeat 2 Times

Complete 1 Set

Hold 30 Seconds

Perform 1 Times a Day