



6 Yoga Stretches for Cancer Patients

Sit at the edge of a chair with your feet parallel, knees above ankles, rib cage above hips, and shoulders relaxed.



Neck Stretches

Benefits: Increases range of motion and releases tight muscles

Take your right hand over your head and place middle finger on left ear. Inhale through the nose as your stomach rises, and exhale through the nose as your stomach contracts and you gently draw your head to right shoulder. Hold for 1-2 breaths. Return to starting position and repeat on the other side.



Neck Rotation

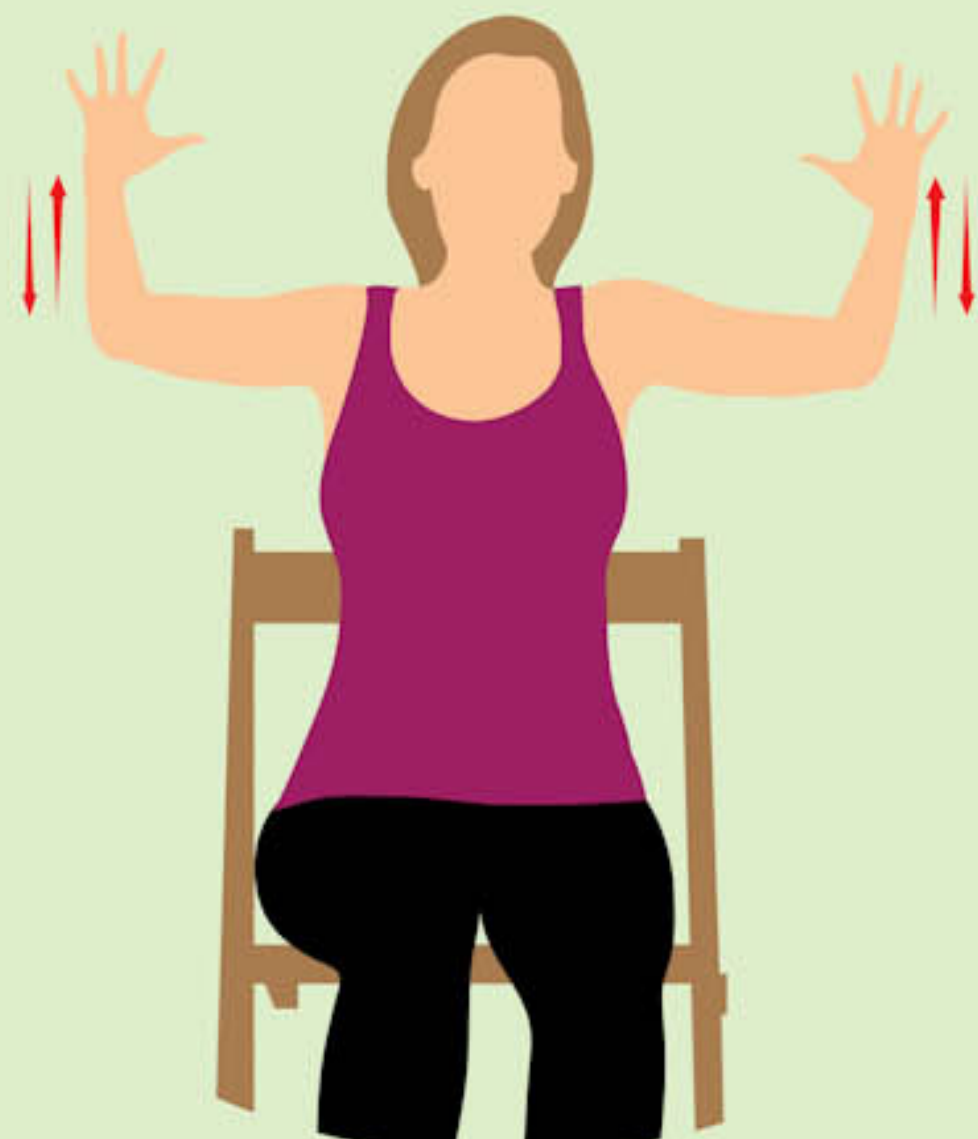
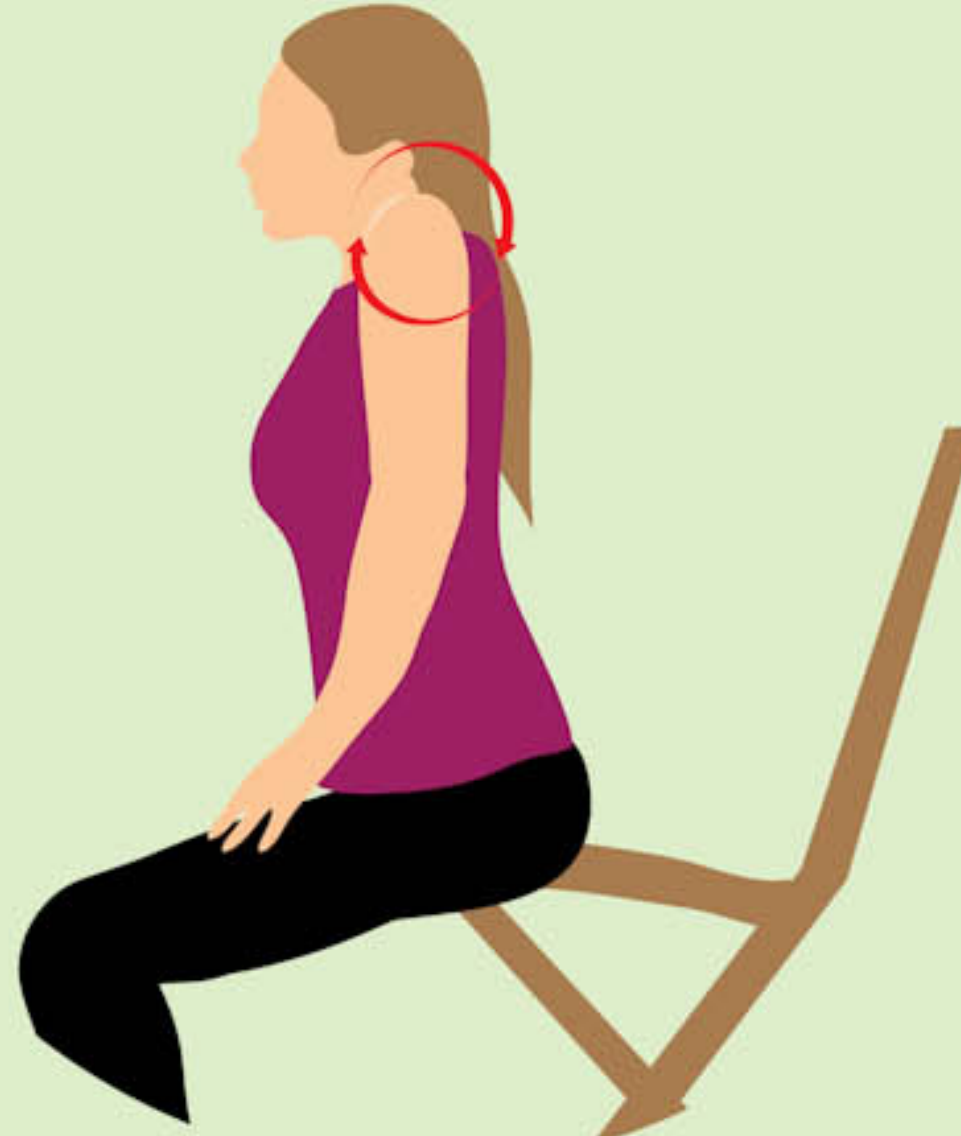
Benefits: Increases range of motion and releases tight muscles

Take your right hand and place it in front of the left shoulder. Inhale through your nose as you feel your stomach expand, then exhale and rotate head toward the left. Hold for 1-2 breaths. Return to the starting position and repeat on the other side.

Shoulder Rolls

Benefits: Increases shoulder awareness and range of motion

Inhale through your nose and raise your shoulders up toward your ears as your stomach expands. As you exhale, roll your shoulders back and down in a circular motion. Repeat 3-4 times and switch directions.



Goal Post Arms

Benefits: Increases shoulder awareness and range of motion

Inhale through your nose and raise both arms to shoulder height so they look like a goal post. Inhale and hold. As you exhale, raise your arms up 1-2 inches then return to shoulder height. Repeat 3-4 times.

Scapular Retraction

Benefits: Increases shoulder awareness and range of motion

Beginning in goal post position, inhale and bring your shoulders back, imagining cracking a walnut between your shoulder blades. Hold for 1-2 breaths then exhale and release. Repeat 3-4 times.



Modified Camel

Benefits: Opens chest muscles

Inhale through the nose as your stomach expands. As you exhale, circle the arms around to the back of the chair and hold. Hold for several breaths then return to start. Repeat 3-4 times.



Speak with your physician before beginning this or any exercise routine.