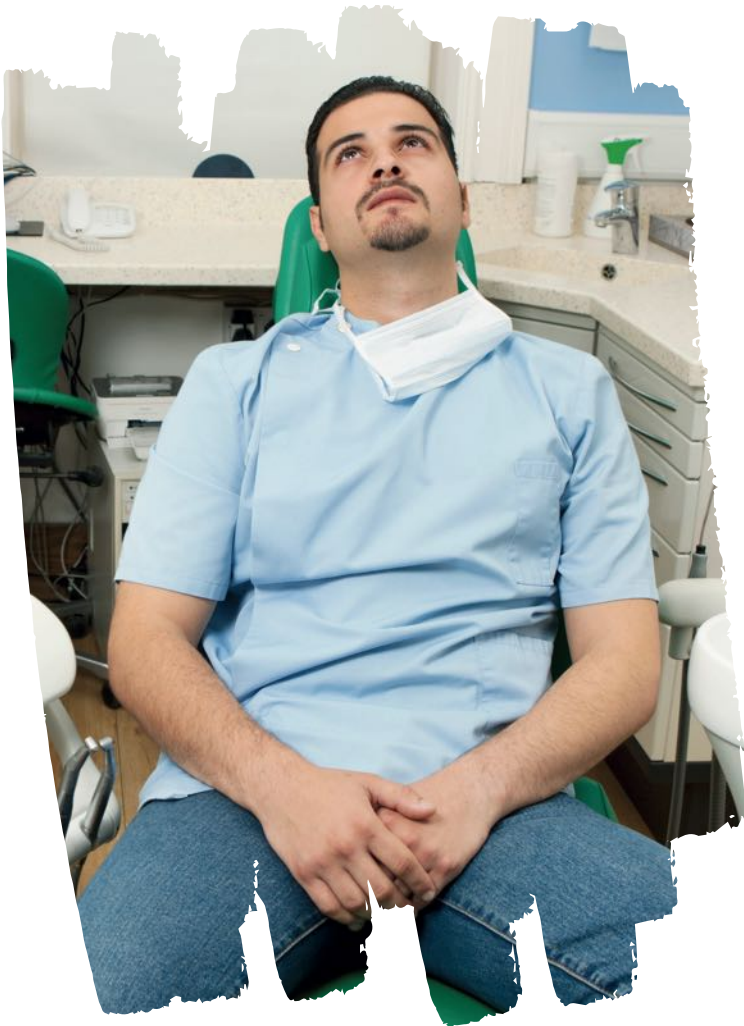


# Take a Break!

*Dental Professionals need to practice self-care too!*



## Brush Those Muscles!

Do you tell your patients to brush  
their teeth every day?

Of course you do!

Did you know that you need to  
“brush” your muscles too?

Without proper attention to  
your body, the physical demands  
of dentistry can lead to neck and  
jaw pain, as well as tingling and  
weakness in your hands.

See reverse for easy exercises!



Allied Physical Therapy  
Wellness Community is  
conveniently located near  
Pine Island Road and  
Chiquita Blvd in Cape Coral



 [alliedpt.com](http://alliedpt.com)

 (239) 242-0070

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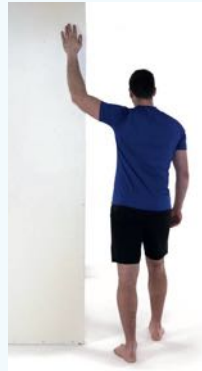


ALLIED  
**Physical Therapy**  
WELLNESS COMMUNITY™  
*Get back to what you love*

# "Brush" Your Muscles Every Day to Chase the Pain Away!

## Stretching side bending

- Lift one arm and bring it up and across your head.
- Sit straight and place the palm of your hand on your head.
- Use your hand to pull your head gently down towards your shoulder until a stretch is felt on the opposite side of the neck.
- Maintain the position. Hold 5 to 10 seconds.
- Do not turn your head or tilt it forward or backwards while you perform this stretch.



## Pectoral stretch

- Stand up next to a wall corner
- Place your forearm along the wall.
- Lean your body forward until you feel a stretch across your chest. Hold 5 to 10 seconds.
- To emphasize the upper chest, place the arm lower than horizontal, to stretch more the middle portion, place the arm perpendicular and to stretch the lower portion, place the arm higher than parallel.

## Wrist extensors stretching

- Extend one arm out in front with the elbow straight.
- Use the other hand to grasp it at the side of the thumb and bend the wrist downward.
- Turn wrist towards the small finger to increase the stretch. Hold 5 to 10 seconds.



## Stretching wrist flexors

- Sit up straight in a chair and look directly ahead of you.
- Place the fingers and palms of your hands together.
- Lower your hands and spread your elbows apart as far as you can while keeping your palms together. Hold 5 to 10 seconds.
- Relax your hands.
- When performed correctly, this exercise causes your wrists to bend back until you feel a stretch across your palms, wrists, and inner forearms.