



Takahki Therapy

Bringing the healing benefits of massage therapy to your community or workplace.

DAILY STRETCHING SUPPORT FOR THE DENTAL FIELD

Caring for the bodies that care for others

Dental professionals work in sustained postures and repetitive movements that commonly affect the neck, shoulders, back, and hands. Gentle daily stretching supports mobility, reduces tension, and helps prevent injury—especially when paired with massage therapy.

Neck & Upper Back

- Chin tucks: draw chin straight back, hold 5 sec x 5–10 reps
- Side neck stretch: ear to shoulder, hold 20–30 sec each side
- Gentle neck rotation: 5–10 reps

Shoulders & Chest

- Chest opener at wall or doorway, hold 30 sec
- Shoulder rolls backward, 10–15 reps
- Cross-body shoulder stretch, hold 20–30 sec

Hands, Wrists & Forearms

- Wrist flexor stretch (palm up), hold 20–30 sec
- Wrist extensor stretch (palm down), hold 20–30 sec
- Finger open and close, 10–15 reps

Lower Back & Hips

- Seated spinal twist, hold 20–30 sec each side
- Seated figure 4 stretch, hold 20–30 sec each side
- Seated forward bend, hold 30–60 sec

Bring Healing-Focused Care to Your Dental Team

Takahki Therapy offers on-site massage therapy for your workplace or wellness event, supporting the physical demands of dental professionals and teams.

For booking and wellness events: takahkitherapy@gmail.com