



UPPER TRAP STRETCH - HOLDING CHAIR AND HEAD

While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown.

Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck.

Make sure you hold this stretch for 30 seconds!

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side.

You should be looking towards your opposite pocket of the target side.

Make sure you hold this stretch for 30 seconds!

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



DEEP ANTERIOR NECK FLEXOR STRETCH - HANDS ON CHEST

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

Make sure you hold this stretch for 30 seconds!

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



SUBOCCIPITAL STRETCH - 2 FINGERS

Gently draw your chin downward towards your chest as your fingers assist in adding a stretch to the back of your head.

Make sure you hold this stretch for 30 seconds!

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



CERVICAL CHIN TUCK AND RETRACTION - SUPINE WITH TOWEL

While lying on your back with a small folded up towel under your head, tuck your chin towards your chest. Also, focus on putting pressure on the towel with the back of your head.

Maintain contact of head with the towel the entire time.

Start slowly - hold for 5 seconds and work up to holding it for 15 seconds.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Hold each squeeze for 30 seconds.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



Wall Angel

Begin standing against the wall. Aim to make contact with your wrists, elbows, and shoulders.

Bend your knees so that your back flattens out against the wall.

Keep your chin tucked in against your neck.

Slowly sweep your arms overhead against the wall as if you're making a snow angel. Try to keep your shoulders down as you raise your arms up.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day