



CERVICAL CHIN TUCK - SUPINE WITH TOWEL



While lying on your back with a small rolled up towel under the curve of your neck, tuck your chin towards your chest.

Maintain contact of the back of your with the surface you are lying on the entire time.



Repeat 10 Times
Complete 1 Set

Hold 2 Seconds
Perform 1 Time a Day

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 5 Times
Complete 1 Set

Hold 10 Seconds
Perform 1 Time a Day

LEVATOR SCAPULAE STRETCH



Tilt your head to the side, then rotate to the side, then tip downward as in looking at your opposite pocket.

You should feel a gentle stretch at the side/back of your neck.

Repeat 5 Times
Complete 1 Set

Hold 10 Seconds
Perform 1 Time a Day

SCAPULAR RETRACTIONS

Move your shoulder blades back and down. Hold, relax and repeat.

Repeat 15 Times
Complete 1 Set

Hold 3 Seconds
Perform 1 Time a Day

