

1

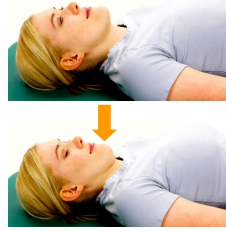


UPPER TRAP STRETCH

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently draw your head towards the opposite side with the help of your other arm.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

4



CHIN TUCK - SUPINE

While lying on your back, tuck your chin towards your chest and press the back of your head into the table.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 2 Time(s) a Day

2



LEVATOR SCAPULAE STRETCH

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

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

3



CERVICAL TOWEL ROTATION STRETCH

Hold the ends of a small folded bath towel and wrap it around your head and neck as shown. Place the towel on your face so as to minimize placing pressure on your jaw. Pressure should be placed on the side of your face/cheek bone.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

Use your bottom most arm to anchor the towel in place. Use your top most arm to pull the towel to cause a gentle rotational stretch in your neck. Hold, then return to starting position and repeat.