



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. Switch sides.

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



Levator Scapulae

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.

You should be looking towards your opposite pocket of the affected side. Switch sides.

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



Pec Corner Stretch

Upper arms should be parallel to ground. Don't hyperextend low back. Shoulder blades should be down back and together. Lean forward to feel a stretch in the pecs.

(Usually the only open corner at home is in the bathroom behind the door.)

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



CERVICAL ROTATION

Turn your head towards the side, then return back to looking straight ahead.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



CERVICAL SIDE BEND

Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep you eyes and nose pointed straight ahead the entire time)

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



Cervical Ventral Flexion Loaded with auto resist

Stand against a wall with the back of your head in contact with the wall (use a rolled towel behind your neck). Place your thumbs up against your upper molars and gently resist a downward chin tuck with your thumbs.

Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



CERVICAL FLEXION

Tilt your head downwards, then return back to looking straight ahead.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



CERVICAL EXTENSION

Tilt your head upwards, then return back to looking straight ahead.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day