



### CERVICAL SIDE BEND

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

Repeat 3 Times  
Hold 5 Seconds  
Complete 3 Sets  
Perform 2 Time(s) a Day



### CERVICAL ROTATION

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

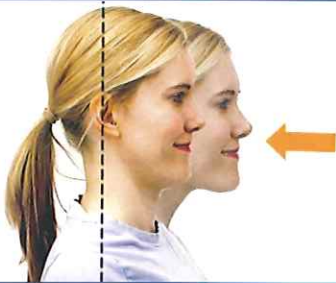
Repeat 3 Times  
Hold 5 Seconds  
Complete 3 Sets  
Perform 2 Time(s) a Day



### LEVATOR STRETCH

Seated in a chair, gently hold onto the seat with your right hand. Let your head flex, sidebend and rotate to the left. You should feel a stretch in the right side of the neck and towards your right shoulder blade. Repeat on the other side (flex, right sidebend and right rotation).

Repeat 3 Times  
Hold 10 Seconds  
Complete 3 Sets  
Perform 2 Times a Day



### RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Repeat 3 Times  
Hold 10 Seconds  
Complete 3 Sets  
Perform 2 Times a Day



### POSTERIOR NECK RELEASE

Sitting tall, clasp your hands behind and at the base of your head. Gravity and the weight of your arms will lengthen the muscles on the back of your neck. You can slightly rotate one direction or the other to focus on specific angles that place the stretch in the area that feels the most tension.

Repeat 3 Times  
Hold 10 Seconds  
Complete 3 Sets  
Perform 2 Times a Day



### UPPER TRAPEZIOUS STRETCH

Side bend your head to one side as if to bring your ear over to your shoulder. Then using the hand, provide slight overpressure with your hand pulling your head slightly more to the side until you feel a stretch on the opposite side of your neck. Hold this position for a stretch.

Repeat 3 Times  
Hold 10 Seconds  
Complete 3 Sets  
Perform 2 Times a Day