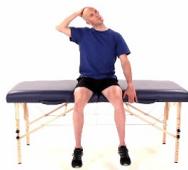


STEP 1



STEP 2



Seated Upper Trapezius Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin sitting upright on a table grasping the edge with one hand.

Movement

- Rotate your head up and to the side of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

- Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Levator Scapulae Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin sitting upright in a chair, grasping the edge with one hand.

Movement

- Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip

- Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Cervical Sidebending Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin sitting in an upright position.

Movement

- Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

- Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

STEP 1



STEP 2



Standing Lower Cervical and Upper Thoracic Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing position. Clasp your hands in front of your body with your arms straight.

Movement

- Slowly roll your head downward, bend your shoulders forward, and lift your arms until you feel a stretch in your lower neck and upper back. Think about pulling your shoulder blades apart.

Tip

- Make sure not to slouch your lower back during the stretch.

STEP 1



STEP 2



Sternocleidomastoid Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in an upright sitting position.

Movement

- Place one hand on your collar bone. Rotate your head away from that side and bend your neck backward until you feel a stretch in the front of your neck and hold.

Tip

- Make sure to only stretch in a pain-free range of motion.

STEP 1



STEP 2



Standing Cervical Flexion Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position.

Movement

- Use one arm to grasp the back of your head, then slowly pull forward and down.

Tip

- Keep your back straight during the exercise and do not let your head roll to one side.

STEP 1



STEP 2



Standing Cervical Rotation Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position. Rest one hand on your forehead and one hand on the back of your head.

Movement

- Using your hands to guide your head, gently rotate your head to one side. Hold this position, and then slowly return to the center.

Tip

- Make sure not to bend your neck down as you perform this stretch. Do not move through pain.

STEP 1



STEP 2



Standing Upper Trapezius Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position.

Movement

- Gently reach your hand down toward the floor, then slowly lean your head toward your opposite shoulder until you feel a stretch in the side of your neck. Hold, then relax and repeat.

Tip

- Make sure to keep your movements slow and your shoulders relaxed during the stretch.