

## CERVICAL FLEXION

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

Repeat 3 Times

Hold 5 Seconds



## CERVICAL EXTENSION

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

Repeat 3 Times

Hold 5 Seconds



## CERVICAL ROTATION

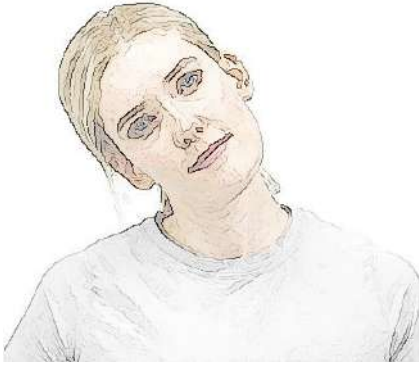
Turn your head towards the side, then return back to looking straight ahead. Repeat on opposite side.

Repeat 3 Times

Hold 5 Seconds



### CERVICAL SIDE BEND

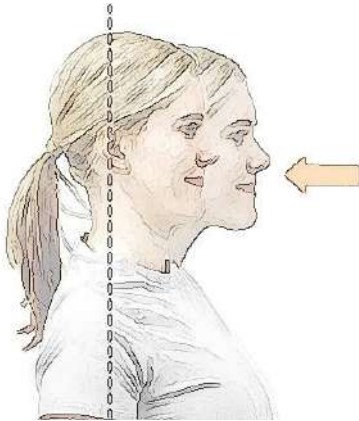


Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep your eyes and nose pointed straight ahead the entire time) Repeat on opposite side.

Repeat 3 Times

Hold 5 Seconds

### CERVICAL RETRACTION / CHIN TUCK



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

Repeat 3 Times

Hold 5 Seconds

### UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD



Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm. You should feel a stretch on the side of your neck or top of your shoulder. Repeat on opposite side.

Repeat 3 Times

Hold 5 Seconds

### LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD



Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side. You should feel a stretch on the back and side of neck. Repeat on opposite side.

You should be looking towards your opposite pocket of the target side.

Repeat 3 Times

Hold 5 Seconds

### SCALENE STRETCH - HANDS ON CHEST - DEEP ANTERIOR NECK FLEXOR STRETCH



Place your hands overlapping on your breast bone. Next, tilt you head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.

Repeat 3 Times

Hold 5 Seconds

### RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND



Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.

Repeat 3 Times

Hold 5 Seconds