

NECK STRETCHING AND FLEXIBILITY

SCM STRETCH



- sit in chair, with right hand under right buttock
- retract chin
- bring left ear to left shoulder and rotate head to the right
- place left hand on forehead and stretch

Perform both sides. Hold for 20-30 sec or as prescribed .

TRAPEZIUS/ MIDDLE SCALENE STRETCH



- sit in chair, with right hand under right buttock
- bring chin to chest
- bring left ear to left shoulder
- rotate head towards right shoulder
- place left hand on side of head and pull towards the left

Perform both sides. Hold for 20-30 sec or as prescribed.

***PERFORM ALL STRETCHES DAILY
3 SETS OF 10 FOR EACH STRETCH***

NECK STRETCHING AND FLEXIBILITY

LEVATOR SCAPULAE STRETCH



- sit in chair, with right hand under right buttock
- bring chin to chest
- bring left ear to left shoulder
- rotate head towards left shoulder
- place left hand on back of head and slowly pull downward

Perform both sides. Hold for 20-30 sec or as prescribed.

ANTERIOR SCALENE STRETCH



- clasp hands behind back so arms are straight
- lean head off back of left shoulder

Perform both sides. Hold for 20-30 sec or as prescribed.

***PERFORM ALL STRETCHES DAILY
3 SETS OF 10 FOR EACH STRETCH***