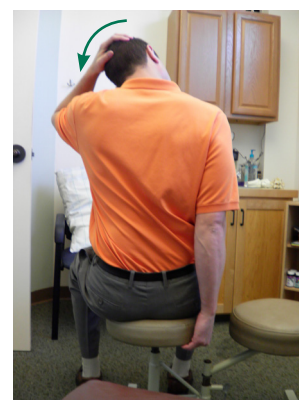
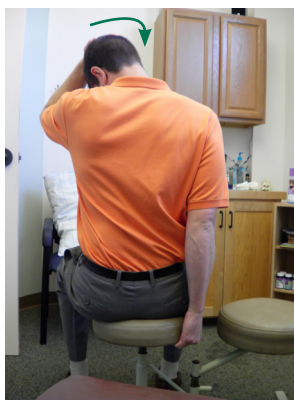


Right Neck Stretches: Upper trap, levator scapula, paraspinals/ suboccipitals

Sit or stand and hold something with our right hand to keep your right shoulder down and back. Turn your head to the right and pull forward with your left hand. Hold 20 seconds and repeat 3 times each side. Then reset. With same right arm position, turn the head to the left and pull forward with left hand. Last, reset, same right arm position, keep head straight and pull forward.



Right Front of Neck Stretch/ Scalenes

Keep same right arm position to keep right shoulder down and back. Tilt the head backwards and look slightly to the left as if you were trying to look in your left back pocket. Add a little pressure with your left hand to your forehead. Take a deep breath and slowly exhale and push a little harder. Repeat this 3 times then take a break. Do this 3 times on each side.

