



1: Upper Trapezius Stretch

- Sit in chair with good posture
- Grasp bottom of chair with hand
- Tilt ear toward opposite shoulder, using opposite hand to gently increase stretch
- Hold and repeat as instructed

Sets: 1 **Reps:** 2 **Sessions:** 1 Everyday **Resistance:** As Tolerated **Hold Time:** 30s **Side:** Both



2: Levator Scapula Stretch

- Place one hand on back of neck, other hand on top of head
- Sitting tall, use the hand on top of head to pull the chin toward your arm pit until a comfortable stretch is felt
- Hold and repeat as instructed

Sets: 1 **Reps:** 2 **Sessions:** 1 Everyday **Resistance:** As Tolerated **Hold Time:** 30s **Side:** Both



3: Cervical Rotation in Side Bend Position

- Side bend the head by bringing ear toward shoulder
- Slowly rotate head left and right while maintaining the side bent position
- Repeat as instructed

Sets: 1 **Reps:** 2 **Sessions:** 1 Everyday **Resistance:** As Tolerated **Hold Time:** 30s **Side:** Both



4: Cervical / Thoracic Stretch

- Clasp hands in front of body
- Straighten arms
- Slowly arch upper back while bringing chin toward chest until a comfortable stretch is felt
- Hold and repeat as instructed

Sets: 1 **Reps:** 2 **Sessions:** 1 Everyday **Resistance:** As Tolerated **Hold Time:** 30s **Side:** Both