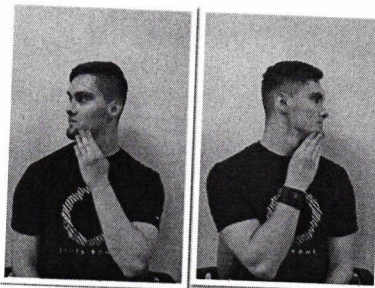


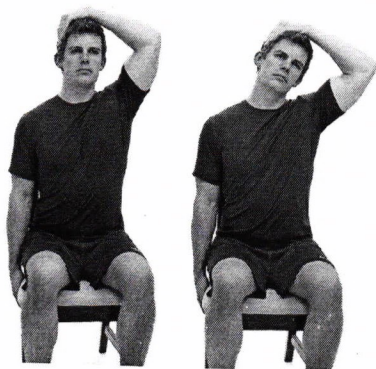
Total 3



**Seated Cervical Rotation**

Seated in a chair with upright posture. Turn your head toward your shoulder and add slight overpressure on your chin (as shown above) to increase the stretch.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

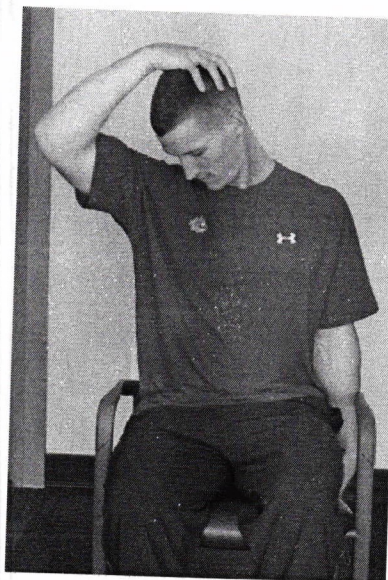


**UPPER TRAP STRETCH - HOLDING CHAIR AND HEAD**

While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown.

Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day



**Levator Stretch**

Sit on your left hand, turn your head to the right then look down past your armpit. Grab the back of your head with right hand and gently pull until you feel the stretch. Repeat on both sides.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day