

STEP 1



STEP 2



Seated Upper Trapezius Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Levator Scapulae Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright in a chair, grasping the edge with one hand.

Movement

Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Cervical Sidebending Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting in an upright position.

Movement

Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

STEP 1



STEP 2



Seated Assisted Cervical Rotation with Towel

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting in an upright position with a rolled towel around your neck. Hold each end of the towel with your hands crossed.

Movement

Lift your front hand upward until the towel is around the side of your head, then pull sideways, rotating your neck. Then bring your neck back to center and repeat.

Tip

Avoid bending your neck forward or backward. Only rotate your neck within a pain-free range of motion, and make sure to move slowly.

STEP 1



STEP 2



Standing Lower Cervical and Upper Thoracic Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing position. Clasp your hands in front of your body with your arms straight.

Movement

Slowly roll your head downward, bend your shoulders forward, and lift your arms until you feel a stretch in your lower neck and upper back. Think about pulling your shoulder blades apart.

Tip

Make sure not to slouch your lower back during the stretch.

STEP 1



STEP 2



Seated Passive Cervical Retraction

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting in an upright position.

Movement

Place two fingers on your chin and gently push your chin directly backward, then repeat.

Tip

Make sure to maintain good posture during the exercise.

STEP 1



STEP 2



STEP 3



Sternocleidomastoid Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright with one hand placed flat on your collarbone.

Movement

Slowly tilt your head to the side away from your hand, then turn your head to look up towards the ceiling until you feel a gentle stretch in the side of your neck. Hold this position, then relax and repeat.

Tip

Make sure to keep your neck and shoulders relaxed during the stretch.

STEP 1



STEP 2



Sub-Occipital Cervical Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright in a chair. Place one hand on the back of your head and the other on your chin.

Movement

Gently push your chin backward, stabilizing the back of your head at the same time.

Tip

You should feel a stretch in the upper part of your neck. There should be little movement with this exercise. Make sure to maintain good posture.

STEP 1



STEP 2



Cervical Extension Stretch

REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 3

Setup

Begin in an upright seated position.

Movement

Cross your hands and place them on your chest just below your neck. Slowly bend your head backward, and at the same time apply gentle downward pressure with your hands, until you feel a stretch in the front of your neck and hold.

Tip

Make sure to keep your movements gentle and do not move through pain.