

Scalene and Upper Trap Stretch



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin seated in a chair with your arms at your side. Grasp the under side of the chair with your hand on the side you wish to stretch. Slowly bend your neck to the side, bringing your ear toward your opposite shoulder. Your should feel a stretch in the side of your neck. You can increase the intensity of the stretch by placing your opposite arm on your head and lightly pulling your head further toward your opposite shoulder. Hold as indicated.

Comments:

Scalenes Stretch

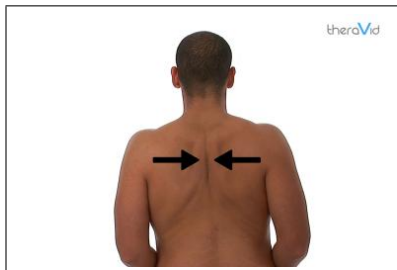


SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin seated in a chair, and bend your neck to the side by bringing your ear toward your shoulder. Rotate your head the opposite way so that you are looking up toward the ceiling until you feel a stretch in your neck. Hold as directed. Repeat as directed.

Comments:

Scapular Retractions Arms at Side



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin by sitting with your back straight and your arms at your side. Slowly pinch your shoulder blades together. Return to starting position. Repeat as directed.

Comments:

Levator Scapulae Stretch

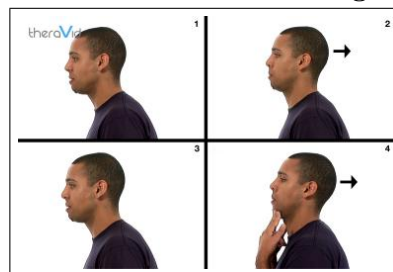


SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin sitting, and grasp the side of the chair with the arm of the side that is to be stretched. Rotate your head away from the side that is to be stretched. Grasp the opposite side of your head with your other hand, and gently pull your head down toward your shoulder. Hold as directed. Repeat as directed.

Comments:

Head Retraction in Sitting



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin seated looking straight ahead and allow yourself to relax completely. Move your head slowly but steadily backward until it is pulled back as far as you can manage. Keep the chin tucked down as you do this, being careful not to tilt the head backward. Hold this position for 3 seconds and then relax. This exercise can be more effective by adding overpressure. Do this by placing both hands on the chin and pushing the head back even further.

Comments: