

Upper Trapezius Stretch

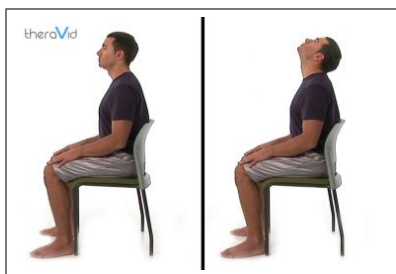


SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: In a seated position bring your hand on the side you wish to stretch behind your back. Place your other hand on top of your head and gently pull your head to the side, away from the side you wish to stretch. Hold as directed. Repeat as directed.

Comments:

Cervical Extension



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

Description: Begin sitting with good posture. Slowly bend your neck backward, as if trying to look at the ceiling. Slowly return to starting position. Repeat as directed.

Comments:

Unilateral Cervical Rotation

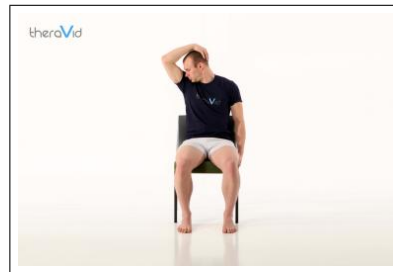


SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin sitting with good posture. Without moving your trunk, slowly turn your head as far as you can to one side, as if you were trying to look behind you. 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:

Unilateral Cervical Side Bending

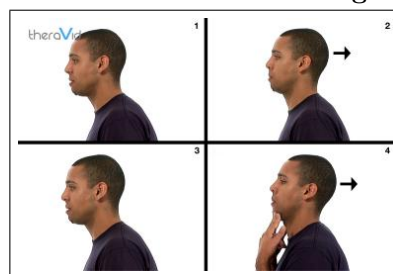


SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin sitting with good posture. While looking straight ahead, slowly bend your neck to the side, bringing your ear toward your shoulder. Slowly return to starting position. 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: