

**CERVICAL CHIN TUCK AND RETRACTION - SUPINE WITH TOWEL**

While lying on your back with a small folded up towel under your head, tuck your chin towards your chest. Also, focus on putting pressure on the towel with the back of your head.



Maintain contact of head with the towel the entire time. Video # VVZ6NWHDV

Repeat 15 Times

Hold 2 Seconds

Complete 3 Sets

Perform 1 Times a Day

**UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD**

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm. Video # VVUDY3AES

Repeat 1 Time

Hold 30 Seconds

Complete 2 Sets

Perform 1 Times a Day

**LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD**

Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side.

You should be looking towards your opposite pocket of the target side. Video # VV3UM5RU6

Repeat 1 Time

Hold 30 Seconds

Complete 2 Sets

Perform 1 Times a Day

### CERVICAL FLEXION

Tilt your head downwards, then return back to looking straight ahead. Video # VV43W76KG



Repeat 1 Time  
Complete 2 Sets

Hold 30 Seconds  
Perform 1 Times a Day

### CERVICAL EXTENSION

Tilt your head upwards, then return back to looking straight ahead. Video # VVDMEAL3A



Repeat 1 Time  
Complete 2 Sets

Hold 30 Seconds  
Perform 1 Times a Day

### RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND

Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back. Video # VVMVPQX76



Repeat 1 Time  
Complete 2 Sets

Hold 30 Seconds  
Perform 1 Times a Day



### WALL POSTURE

Stand with your heels up against a wall.

Attempt to get your heels, buttock, shoulders and head to touch the wall at the same time.

Repeat 1 Time  
Complete 3 Sets

Hold 30 Seconds  
Perform 1 Times a Day



### ISOMETRIC ROTATION

Place your fingers on your cheek bone and gently turn your head into your fingers.

Repeat 5 Times  
Complete 1 Set

Hold 5 Seconds  
Perform 1 Times a Day



### ISOMETRIC SIDE BEND

Place your fingers on the side of your head and gently tilt your head to the side and into your fingers.

Repeat 5 Times  
Complete 1 Set

Hold 5 Seconds  
Perform 1 Times a Day



## ISOMETRIC EXTENSION

Place your fingers on the back of your head and gently draw your head back into your fingers.

Repeat 5 Times

Complete 1 Set

Hold 5 Seconds

Perform 1 Times a Day