

**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** 20 Seconds  
**Complete** 3 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** 20 Seconds  
**Complete** 3 Sets  
**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

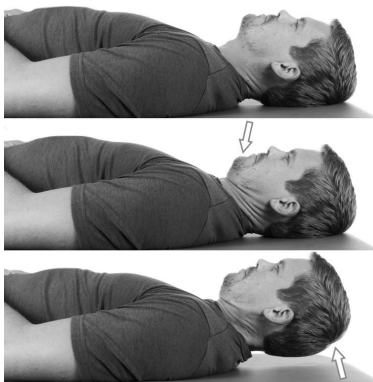
**Repeat** 1 Time  
**Hold** 20 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### Sternocleidomastoid (SCM) Stretch

In sitting, place one hand over the front of your collarbone, then extend your head backwards and to each side.

**Repeat** 3 Times  
**Hold** 20 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### CHIN TUCK WITH HEAD LIFT - SUPINE

While lying on your back, tuck your chin towards your chest and hold this position. Then lift your head up a few inches and then lower back down and repeat.

Maintain your chin tucked while lifting and lowering your head.

Video # VV247H3PL

**Repeat** 8 Times  
**Hold** 5 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### Bilateral Suboccipital Stretch

While sitting upright, put one hand on the back of your head, and put the other hand clasped on your chin. Tilt the head down and apply a firm force through both hands to feel a moderate stretch in the back of the upper neck. Hold for at least 30 seconds.

**Repeat** 3 Times  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### **Sitting Cervical Stretch with Spinal Rotation**

Sit with your feet to the floor Take your left arm outside your right leg, and your right arm behind you.

Turn your head to the right, then look down toward your shoulder until you feel a stretch.

**Repeat** 3 Times  
**Hold** 20 Seconds  
**Perform** 2 Times a Day



### **QUADRUPED CHIN TUCK WITH ROTATIONS**

Start in a crawl position on your hands and knees.

Then, while looking straight ahead position your head into a "chin tuck" position (chin/head retracted back with chin tucking towards your chest as shown).

While holding this position, begin slowly rotating your head side-to-side while maintaining your head in the chin tucked position.

**Repeat** 10 Times  
**Hold** 5 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day

Video # VVEG3PNMB



### **Upper trap lacrosse ball**

Using a lacrosse ball or a tennis ball, place the ball between the wall and your upper trap. Gently roll and massage the tight area. Do not press into pain. Should be a gentle massage to help relieve tightness and pain.

**Hold** 30 Seconds  
**Complete** 2 Sets