

Neck Stretches

2 reps, 30 sec and hold on all 3 of these exercises

Scalene Muscle Stretch



Place your left arm across your body.



Tilt your head toward your right side.



Pull left arm to increase stretch. Repeat other side.

Levator Stretch:



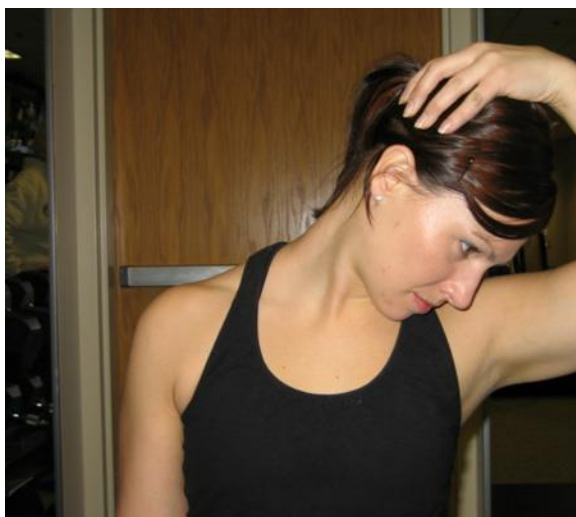
Place your left hand behind your neck.



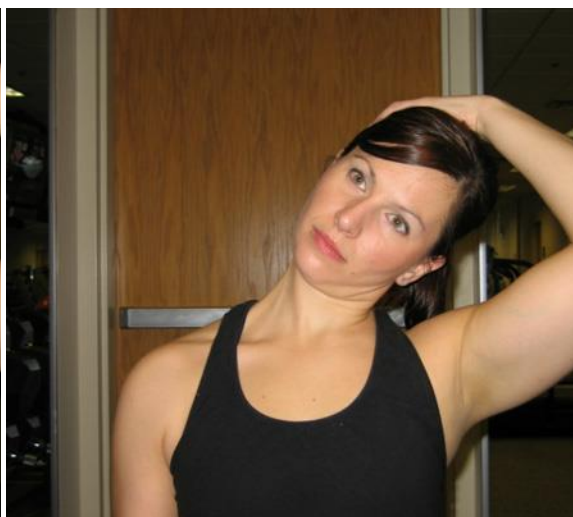
Look toward your right armpit.



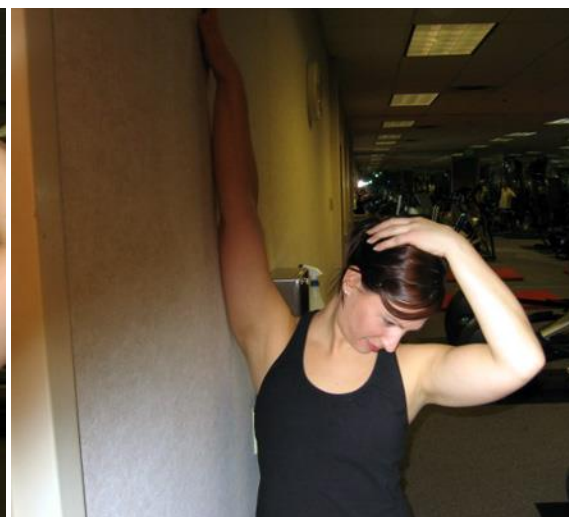
Pull head toward armpit. Repeat on other side.



Diagonal Upper Trapezius Stretch



Scalene Stretch



Wall Supported Levator Scapula Stretch

Neck Isometrics

Apply mild pressure with your neck muscles against the resistance of your hand

