

Scalene / SCM Stretch



- To stretch right side, place right hand under buttocks to stabilize shoulder.
- Bring ear slightly towards left shoulder, rotate to the right and look slightly up towards ceiling.
- _____ SEC HOLD _____ REPS _____ SETS

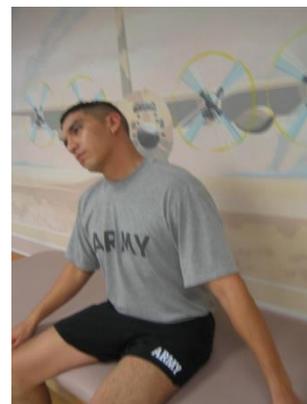
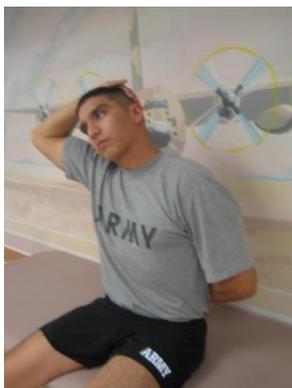
Levator Scapulae Stretch



- To stretch right side, place right hand under buttocks to stabilize shoulder.
- Place left hand on top of head and bring nose towards the left shoulder.

_____ SEC HOLD _____ REPS _____ SETS

Upper Trapezius Stretch



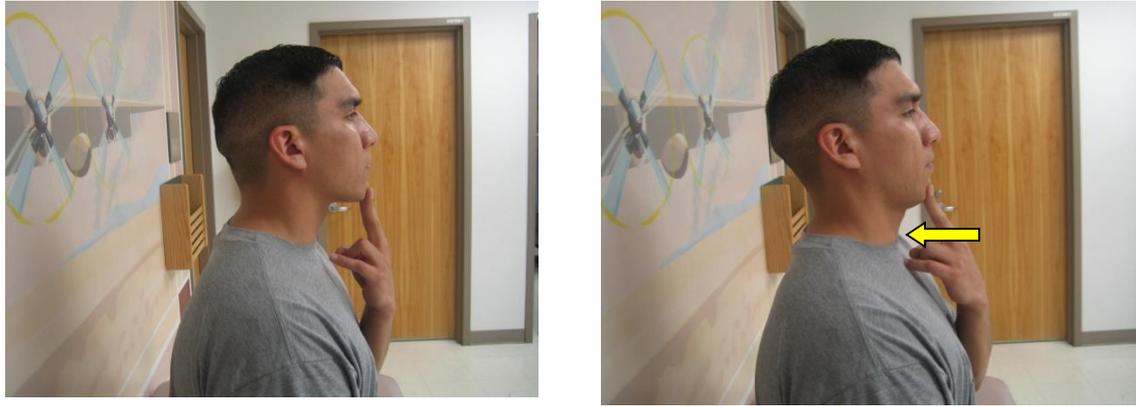
- To stretch right side, place left hand behind back (Picture 1), under buttocks (Picture 2) or holding onto the edge of table (Picture 3) to stabilize shoulder.
- Place right hand on top of head and gently bring ear towards shoulder.
- Switch hand placement to stretch left side.
- Hold for 30 seconds.
- _____REPS _____SETS _____TIMES/DAY

Cervical Isometrics



- Assume your best sitting posture.
- Place fingers above corner of eyebrow.
- Press head into fingers without allowing the head to move.
- Repeat on both sides and on front and back of head.
- _____SEC HOLD _____REPS _____SETS

Chin Tucks



- Sit upright in a chair.
- Place two fingers on chin as a guide (do not press too firmly).
- Guide yourself into a “double chin” position. The motion should be directed back and you should stay looking straight ahead.
- _____ SEC HOLD _____ REPS _____ SETS

Chin Tuck with Rotation



- Sit upright in a chair. Rotate your neck 30 degrees to left or right.
- Place two fingers on chin as a guide (do not press too firmly).
- Guide yourself into a “double chin” position. The motion should be directed back and you should stay looking straight ahead.
- _____ SEC HOLD _____ REPS _____ SETS

Supine Chin Tucks (Deep Cervical Neck Flexion)



- Lie on mat.
- Guide yourself into a “double chin” position. The motion should be directed back and you should stay looking straight ahead.
- Lift head 3-4 inches off mat keeping the “double chin” position.
- _____SEC HOLD _____REPS _____SETS

Suboccipital Release with Towel



- Tightly roll up a towel halfway and place with the rolled side down towards mat.
- Place towel under head just below the bony process on the back of your head.
- Pull towel so that it begins to unroll and it pulls your chin toward your chest until you feel a stretch.
- Maintain this position for as long as you feel comfortable.
- _____ REPS _____ SETS _____ TIMES/DAY

Supine Cervical Rotation (Self-mobilization)



- Wrap a pillow case around the segment of your neck that is painful.
- Grasp opposite hand to end of pillowcase and keep tight to chest to stabilize.
- Rotate head, using the hand holding the pillowcase to guide the rotation and pull into the end range of rotation.
- _____ REPS _____ SETS _____ TIMES/DAY

Shoulder Squeeze



- Squeeze shoulder blades down and back
- Hold 3 sec, slowly release

___ REPS ___ SETS
___ TIMES/DAY