



Flexion

Tilt head downwards and hold. Feel the back of your neck stretch. For a deeper stretch use 1-2 fingers on the upper back of your head, pull downward lightly.



Upper Trap

Tuck chin and place one hand behind back. Use other hand to gently draw head towards opposite side. Feel deep stretch from ear to shoulder.



Levator Scapulae

Place arm of affected side behind back. Use other hand to draw head downward, towards opposite side. You should be looking towards opposite pocket of affected side. Feel stretch on back of neck.



Extension

Tilt head upward. With jaw closed, feel the stretch in the front of neck. For a deeper stretch hold center of chest with one hand, tilt head upward.



Side Bend

Tilt head to one side, keeping eyes & nose pointed straight. For stability sit on hands while stretching. Feel stretch between ear and shoulder.



Rotation

Turn head to the side as far as you can, hold and repeat on other side. Feel front side of neck stretch.