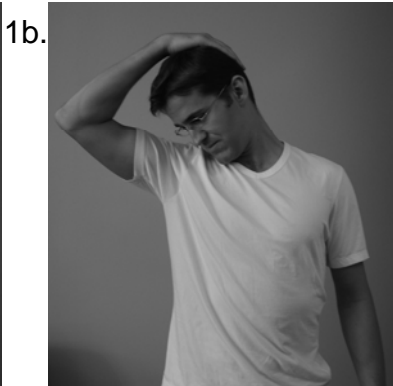
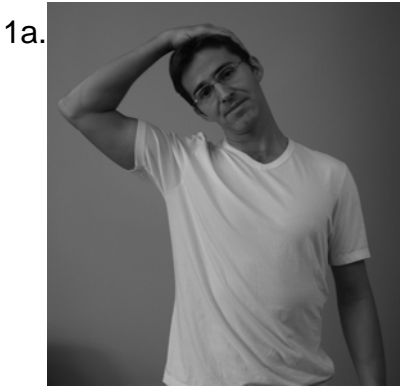


Neck Stretches



1a. Begin with head/neck in neutral position. Drop right ear toward right shoulder. With the right hand, apply gentle pressure to the left side of the head to increase the stretch. Hold 30 seconds. Repeat on other side.

1b. Begin as above. Turn head 45° to the right. Then drop chin toward chest. With the right hand, apply gentle pressure to the back of the head to increase the stretch. Hold 30 seconds. Repeat on other side.

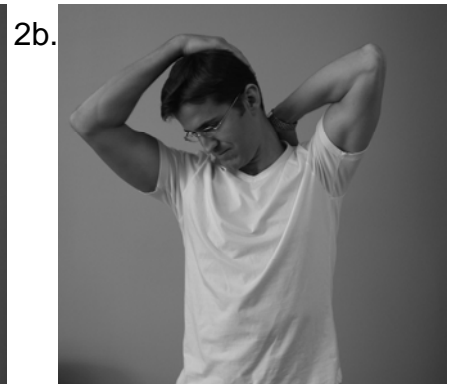
NOTE: Further increase the stretch by placing left hand in the small of your back as you apply pressure with the right, and vice versa.

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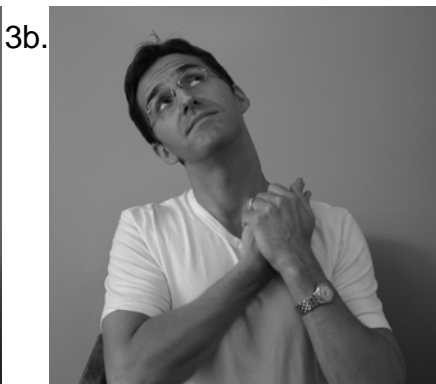
Levator Scapula Stretch

2a. Begin with head/neck in neutral position. Reach left hand toward left shoulder blade.

2b. Turn head 45° to the right. Then drop chin toward chest. With the right hand, apply gentle pressure to the back of the head to increase the stretch. Hold 30 seconds. Repeat on other side.



Scalene Stretch



3a. Place the pinkie side of right hand on chest just below your left collarbone.

3b. Place left hand over right and apply gentle pressure toward your chest. Drop right ear toward right shoulder. Look up and away from your hands until you feel a stretch in the left front/side of your neck. Hold 30 seconds. Repeat on other side.