



Chin Tuck

Bring your head back slightly into a chin tuck position. Pretend like you are trying to create the "double-chin" effect and hold this position.

Repeat 10 Times
Hold 10 Seconds
Complete 3 Sets
Perform 2 Time(s) a Day



CERVICAL FLEXION

Tilt your head downwards, then return back to looking straight ahead.

Repeat 3 Times
Hold 20 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



CERVICAL EXTENSION

Tilt your head upwards, then return back to looking straight ahead.

Repeat 2 Times
Hold 20 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



CERVICAL SIDE BEND

Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep your eyes and nose pointed straight ahead the entire time)

Repeat 2 Times
Hold 20 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



CERVICAL ROTATION

Turn your head towards the side, then return back to looking straight ahead.

Repeat 2 Times
Hold 20 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Place the arm on the affected side behind your back and use your other hand to draw your head downward and towards the opposite side.

You should be looking towards your opposite pocket of the affected side.

Repeat 4 Times
Hold 20 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



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 draw your head towards the opposite side with the help of your other arm.

Repeat 2 Times
Hold 20 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day