

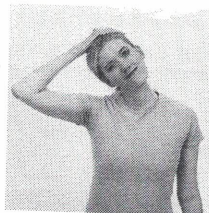
1



CERVICAL ROTATION

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

5



UPPER TRAP STRETCH - HAND ON HEAD

Begin by retracting your head back into a chin tuck position. Next, move your head towards one side with the help of hand.

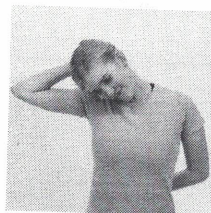
2



CERVICAL FLEXION

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

6



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.

3

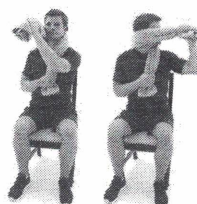


CERVICAL SIDE BEND

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)

Push head gently with hand to get further distance. Ensure pain free.

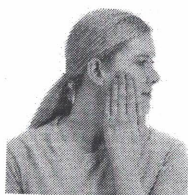
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CERVICAL TOWEL ROTATION STRETCH

Hold the ends of a small folded bath towel and wrap it around your head and neck as shown. Place the towel on your face so as to minimize placing pressure on your jaw. Pressure should be placed on the side of your face/cheek bone.

4

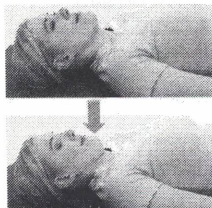


ROTATIONAL STRETCH WITH OVER PRESSURE

Turn your head to one side as far as you can and then use your same-side-hand to assist in turning the head further for a gentle stretch.

Use your bottom most arm to anchor the towel in place. Use your top most arm to pull the towel to cause a gentle rotational stretch in your neck. Hold, then return to starting position and repeat.

8



CHIN TUCK - SUPINE

While lying on your back, tuck your chin towards your chest and press the back of your head into the table.

Maintain contact of head with the surface you are lying on the entire time.

9



RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND

Interlace your fingers around a pole or alternatively one hand on a doorframe. Lean back until a stretch is felt along your upper back.