

CERVICAL SPINE - 27 Levator Scapula Stretch



Place hand on same side shoulder blade. With other hand gently stretch head down and away.

CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch



Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt.

### **Stretch #A07**

#### **Sitting Neck Flexion Stretch, is for the muscles of the Neck**

While sitting on a chair, cross your arms over and hang on to the chair between your legs. Let your head fall forward and then lean backwards.



### **Stretch #A02**

#### **Rotating Neck Stretch, is for the muscles of the Neck**

Stand upright while keeping your shoulders still and your head up. Slowly rotate your chin towards your shoulder.

Alternatively, to get a better stretch, you can carefully use your hand to apply pressure to the side of your neck.



### **Stretch #A03**

#### **Forward Flexion Neck Stretch, is for the muscles of the Neck**

Stand upright and let your chin fall forward towards your chest. Relax your shoulders and keep your hands by your side.

Alternatively, to get a better stretch, you can carefully use your hand to apply pressure to the back of your neck.



### **Stretch #A05**

#### **Neck Extension Stretch, is for the muscles of the Neck**

Stand upright and lift your head, looking upwards as if trying to point up with your chin. Relax your shoulders and keep your hands by your side.

Alternatively, to get a better stretch, you can carefully use both hands to apply pressure to the front of your neck.



## CERVICAL SPINE - 30

### Lower Cervical/Upper Thoracic Stretch

Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward.



## CERVICAL SPINE - 22 Strengthening

### Phase I: Shoulder Shrugs

Shrug shoulders up and down, forward and backward.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ times per day.

