



### Neck Retraction and Extension

Stand in upright posture. Slowly draw your head back keeping your face pointed forward. At the end of the motion, begin to tilt your head up while continuing to keep it drawn back. Feel the tension build in the base on your neck, but avoid pain.

Repeat 8 Times

Hold 3 Seconds

Complete 1 Set

Perform 2 Times a Day



### Neck retraction and rotation

Stand with good posture. Now, retract your neck (make a double chin). From this position, turn your head one direction without losing the double chin. Hold. Return to the starting position. Now repeat the process but turn your head to the other side. This is one rep.

Repeat 8 Times

Hold 3 Seconds

Complete 2 Sets

Perform 1 Times a Day



### Neck & Scapular Retraction

- Sit tall
- Tuck chin and retract head backwards
- Squeeze shoulder blades together

Repeat 8 Times

Hold 3 Seconds

Complete 2 Sets

Perform 1 Times a Day



### Supine Cervical Retraction into Towel Roll

Patient tucks their chin and pulls their neck back into the towel.

Repeat 8 Times  
Complete 2 Sets

Hold 3 Seconds  
Perform 2 Times a Day



### Pectoral stretch with raised arm (at 90 degrees)

Stand at a corner or doorway. Place the front of your shoulder and entire arm onto the wall. Slowly turn your body away from the wall until you feel a gentle stretch in the front of your shoulder and chest.

Repeat on the other side.

Repeat 1 Time  
Complete 1 Set

Hold 20 Seconds  
Perform 2 Times a Day

### UPPER TRAP STRETCH

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 on the other side.



Repeat 1 Time  
Complete 1 Set

Hold 20 Seconds  
Perform 2 Times a Day

### LEVATOR SCAPULAE STRETCH



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 on the other side.

Repeat 1 Time  
Complete 1 Set

Hold 20 Seconds  
Perform 2 Times a Day



### LAT STRETCH - LATISSIMUS DORSI STRETCH

Start in an upright position and arms over head.

Next, grab the wrist of the side you want to stretch and draw it over to the side bending at your trunk until a gentle stretch is felt along the side of your body. You may need to slightly bend forward as well to feel a stretch.

Repeat 1 Time  
Complete 1 Set

Hold 20 Seconds  
Perform 2 Times a Day

### UPPER TRAP STRETCH



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 1 Time  
Complete 1 Set

Hold 10 Seconds  
Perform 1 Times a Day



## SCALENE STRETCH

Place your hands overlapping on your breast bone. Next, tilt you head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.

Repeat 1 Time  
Complete 1 Set

Hold 10 Seconds  
Perform 1 Times a Day