



**Chin Tuck / Retraction**

Sitting tall, slightly tuck chin down into neck. Keeping chin down, slide head backwards on neck as far as comfortable. Hold, relax and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:  
UPPER NECK HEAD NOD



**Levator - Self Traction Chair**

Sitting tall, grasp back edge of the chair with hand of the side to be stretched. Turn head to opposite side and flex head forward ('nose toward elbow'). Let body lean to feel a stretch in the back and side of the lower neck.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:  
LEVATOR SCAPULAE STRETCH



**Scalenes Depressing Clavicle**

Sitting tall, place one hand on opposite collar bone. Turn head away, look up and tilt head toward ear. Use gentle pressure on the collar bone to increase stretch.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:  
SCALENE STRETCH



**Traps - Self Traction**

Sitting tall, grasp back edge of a chair with hand of side to be stretched. Turn head toward that same side and lean head and body away to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:  
PUSH UP