



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 your hand for light over pressure.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



VIDEO



LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD

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

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

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



VIDEO



SCALENE STRETCH - HANDS ON CHEST - DEEP ANTERIOR NECK FLEXOR 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.

You should not feel a pinch in the neck. If so, you are tipping your head back too far.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



VIDEO



CERVICAL CHIN TUCK WITH (OP) OVER PRESSURE

Place your hand on your chin and slowly draw your head back into a chin tuck so that your ears line up with your shoulders. Do not look down, your gaze should be forward not downward.

Hold, then return to original position and repeat.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



VIDEO



CHEST STRETCH FOAM ROLLER - T

Lie down on a foam roll or rolled towel and allow your arms to drop towards the floor with your elbows straight as shown.

Hold for a gentle stretch across your chest.

Make sure your head is supported, and practice breathing in through your nose and out through your mouth.

You can try some "box breathing" - see next image.

Hold 1 Minute
Complete 1 Set
Perform 1 Times a Day



VIDEO



BOX BREATHING:

Lie on your back with your head supported and a towel or foam roller along your spine. Rest your hands on your abdomen.

Imagine a box with four equal sides. Imagine moving along that box going up one side, then across the top, down the other side and finally across the bottom.

Breathe in through your nose for a count of 4 as you go up one side (you should feel your chest and tummy rise to the ceiling).
Now hold your breath for a count of 4 as you go across the top of the box.
Breathe out through your mouth for a count of 4 as you go down the side of the box (you should feel your chest and tummy drop toward the floor).
Finally hold your breath for a count of 4 as you go across the bottom on the box.

Repeat this process for 1-2 minutes,

Perform 1 Times a Day



VIDEO