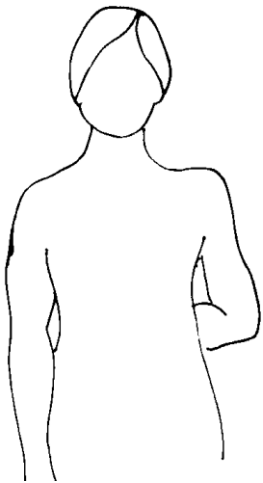


Upper Trapezius

Position: Sitting down with your right hand under your bottom or holding the bottom of the chair.

Instruction: 1) Tilt your left ear towards your left shoulder while looking straight ahead. 2) Very slowly turn your chin approximately 1 centimeter towards your left armpit. You should feel a stretch down the right side of your neck and shoulder.

Repetitions: Hold each stretch for 20 seconds and repeat 3 times each side.

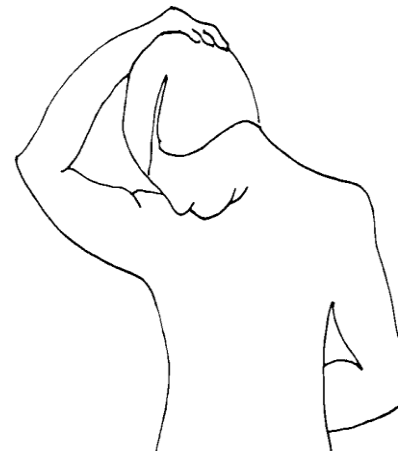


Levator Scapulae

Position: Sitting or standing

Instruction: 1) Place your right hand behind your back. 2) Tilt your head forward so your chin is close to your chest. 3) While keeping your head forward tilt your left ear towards your left armpit. You should feel a stretch down the back of your neck into your shoulder right shoulder blade.

Repetitions: Hold each stretch for 20 seconds and repeat 3 times each side.



SCM

Position: Sitting or standing with hands crossed over chest.

Instruction: 1) Tilt your head backwards. 2) While keeping your chin still, tilt your left ear towards your left shoulder. You should feel a stretch down the right side of your neck from your ear towards your hands.

Repetitions: Hold each stretch for 20 seconds and repeat 3 times each side.



NOTE: Stretching should **NEVER** be painful, if you experience pain stop immediately and speak to a Myotherapist before resuming.