

## SCM Stretch



Sit on chair. Grasp seat of chair with right hand.

Place left hand on head and gently pull head toward the left shoulder. Maintain pressure and turn head to the right, until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

## Posterior Neck Stretch



Place hand on back of head.

Gently push chin to chest, until a stretch is felt.

Hold for 10-15 seconds.

Repeat three times, at least three times daily.

## Levator Scapula Stretch



Sit on chair. Grasp seat of chair with right hand.

Place left hand on head and gently pull forward and to the opposite side at the same time, until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

