

1



Repeat 20 Times
Hold 5 Seconds
Perform 2 Time(s) a Day

Cervical Rotation with Beach Ball

1. Place a very slightly inflated beach ball under the cervical spine while in supine (with or without knees bent).
2. Retract chin (i.e., chin tuck).
3. With chin retracted rotate neck to one side.
4. Return.
5. Repeat on other side.

2



Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

UPPER TRAP STRETCH - 2

Begin by retracting your head back into a chin tuck position. Next, move your head towards one side with the help of hand.

3



Repeat 15 Times
Hold 5 Seconds
Complete 3 Sets
Perform 2 Time(s) a Day

SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

4



Repeat 3 Times
Hold 20 Seconds
Perform 2 Time(s) a Day

Upper Cervical Rotation Self Mobilization

With your arms crossed hold the towel firmly to your chest and the other hand has the towel pressed against your cheek bone. Pull the towel across your cheekbone with the towel doing the work and your neck feeling the stretch