1. **CHIN TUCK - SUPINE**
   - While lying on your back, tuck your chin towards your chest and press the back of your head into the table.
   - Repeat: 10 Times
   - Hold: 3 Seconds
   - Complete: 3 Sets
   - Perform: 2 Time(s) a Day

2. **UPPER TRAP STRETCH**
   - Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently draw your head towards the opposite side with the help of your other arm.
   - Repeat: 3 Times
   - Hold: 20 Seconds
   - Perform: 3 Time(s) a Day

3. **LEVATOR SCAPULAE STRETCH**
   - Place the arm on the affected side behind your back and use your other hand to draw your head downward and towards the opposite side.
   - Repeat: 3 Times
   - Hold: 20 Seconds
   - Perform: 3 Time(s) a Day

4. **CLASPED HAND STRETCH**
   - Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.
   - NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back. Also vary the angle of head bending.
   - Repeat: 3 Times
   - Hold: 20 Seconds
   - Perform: 3 Time(s) a Day

5. **CAT AND CAMEL**
   - While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling.
   - Repeat: 20 Times
   - Hold: 2 Seconds
   - Perform: 2 Time(s) a Day

6. **CORNER STRETCH - W**
   - While standing at a corner of a wall, place your arms on the walls in the shape of a "W" so that your elbows are bent and pointed towards the ground as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.
   - Repeat: 3 Times
   - Hold: 20 Seconds
   - Perform: 3 Time(s) a Day