



Levator - Self Traction

Relax arm of the side to be stretched up behind head. Use opposite hand to gently direct head forward and to the side to feel a stretch in the back and side of the neck.

Exercises should be done on both sides, with emphasis on the painful side.

Sets:	1
Reps:	2
Weight:	
Hold:	15-30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Scalenes Depressing Clavicle

Sitting tall, place one hand on opposite collar bone. Turn head away, look up and tilt head toward ear. Use gentle pressure on the collar bone to increase stretch.

Exercises should be done on both sides, with emphasis on the painful side.

Sets:	1
Reps:	2
Weight:	
Hold:	15-30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



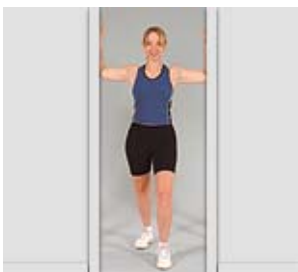
T/S Ext. Mob. Supine - Towel

Lie on back with knees bent and feet flat on the floor. Place a rolled up hand towel along spine between the shoulder blades. Stretch arms out to the sides and relax as spine gently extends over towel.

Sets:	1
Reps:	1-2
Weight:	
Hold:	2-5 min
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Pectorals - Corner / Doorway

Facing corner or standing through a doorway. Place forearms on each wall at shoulder height. Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

Sets:	1
Reps:	2
Weight:	
Hold:	15-30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes: