



UPPER TRAP STRETCH - HOLDING CHAIR AND HEAD

While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown.

Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck.

Repeat 1 Time  
Complete 3 Sets

Hold 15 Seconds  
Perform 2 Times a Day



CERVICAL CHIN TUCK - SUPINE WITH TOWEL

While lying on your back with a small rolled up towel under the curve of your neck, tuck your chin towards your chest.

Maintain contact of the back of your with the surface you are lying on the entire time.



Repeat 15 Times  
Complete 3 Sets

Hold 3 Seconds  
Perform 2 Times a Day



ISOMETRIC CERVICAL FLEXION - 2 HANDS

Place the palms of both your hands on the your forehead. Push your head back with your hands but resist the movement with your front neck muscles. Hold, relax and repeat.

Repeat 15 Times  
Complete 3 Sets

Hold 5 Seconds  
Perform 2 Times a Day



### CHIN TUCK STANDING - WALL AND TOWEL

Stand with a wall behind you and place a small rolled up towel at the base/curve of your neck as shown.

Then, retract your head against the towel while tucking your chin back and down towards your chest and hold.

Relax and repeat.

Repeat 15 Times  
Complete 3 Sets

Hold 3 Seconds  
Perform 2 Times a Day



### TORSO LIFT

Lie face down with a pillow under your stomach. Next, lift your head and sternum (chest bone) off the table/bed/floor. Then return to starting position.

Keep your neck in neutral position with chin slightly tucked the entire time.

Repeat 15 Times  
Complete 3 Sets

Hold 3 Seconds  
Perform 2 Times a Day



### CERVICAL EXTENSION WITH TOWEL - CURVE OF NECK

Start with a small hand towel wrapped around the curve of your neck and holding the ends of the towel forward as shown. Next, extend your neck back over the towel as to look up at the ceiling. Then, return to starting position.

Your hands should remain still and holding the ends of the towel the entire time.

Repeat 10 Times  
Complete 3 Sets

Hold 10 Seconds  
Perform 2 Times a Day



## ADL - SMART PHONE AND TABLET USE

While using your electronic devices such as a tablet or smart phone, do not slouch and do not allow your head to protrude forward.



Hold the electronic device up so that you can see it better and maintain good posture at your back and neck.