

## Neck Stretches:

1. Side to side-  
Hold for 30 seconds, 3 times per side.



2. Levator scapulae stretch.  
One hand behind your back, the other arm pulls your head to the opposite knee. Hold for 30 seconds three times per side



3. SCM stretch. You don't have to put your arm behind your Back for this one. 30 second holds 3x/side.



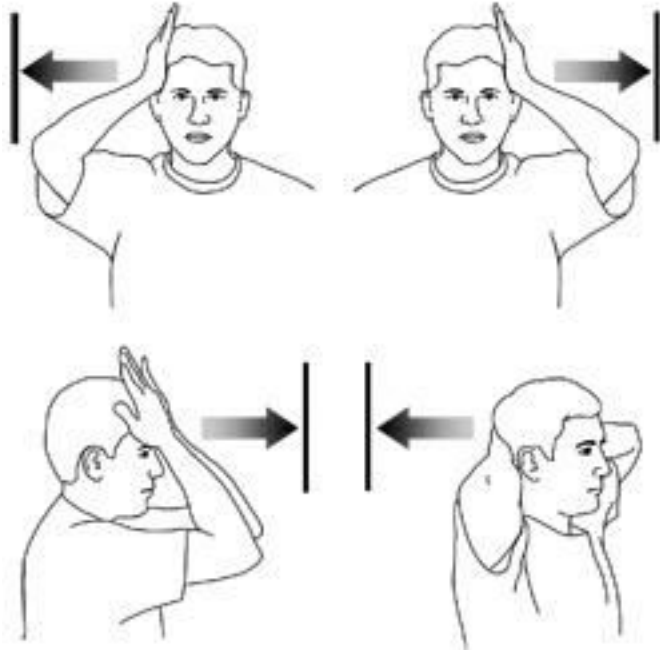
### Start Position

1. Stand with feet straight and shoulder-width apart, knees slightly flexed.
2. Place arm behind body behind body and lower shoulder.

### Movement

1. Tuck chin; lower ear to shoulder using opposite hand until stretch is felt in front of neck.
2. Rotate chin toward ceiling; hold for 30 seconds.

4. Neck resisted exercises. You can use your hand to resist force, or you can use a squishy ball or a band whichever you prefer. 30 second holds for each one.



5. Pectorals stretch. Both side, hold for 30 seconds.

