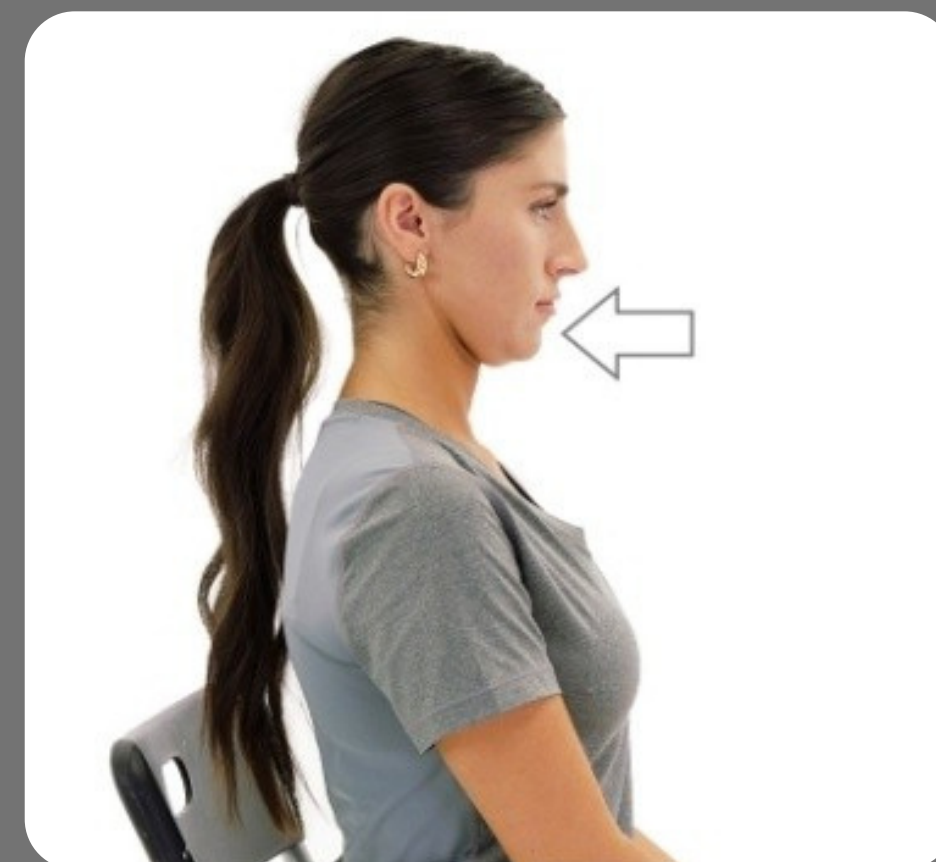


HOME EXERCISE - NECK

By Vincenzo Carone

Cervical Retraction- Sit with good upright posture, draw chin straight back and maintain nose and chin being parallel to the floor, do not tuck chin down. Perform 10x for 3 sets.



Levator scapulae stretch- Seated with good upright posture, take nose to Right armpit to stretch Left backside of neck, hold for 30 seconds, repeat 3x per side. Can use hand for overpressure if you do not feel stretch.

Upper trap stretch- Sit with good upright posture, grab edge of chair with Right hand, take Left ear to Left shoulder and hold to stretch Right upper trap, can use opposite hand for overpressure if weight of head is not enough of a stretch. Hold for 30 seconds, repeat 3x per side.

