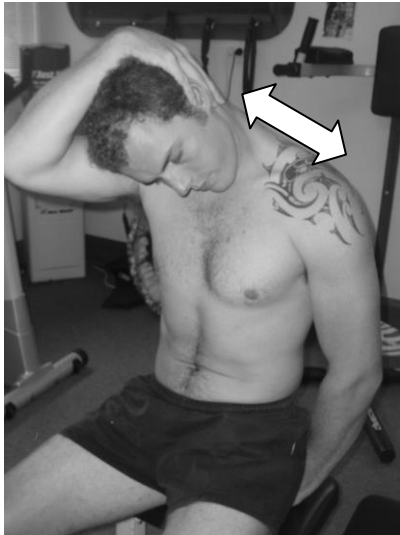




Upper trapezius and Levator scapular stretch

1) Upper trapezius stretch



Starting position

Sit on the hand of the side to be stretched.

Action

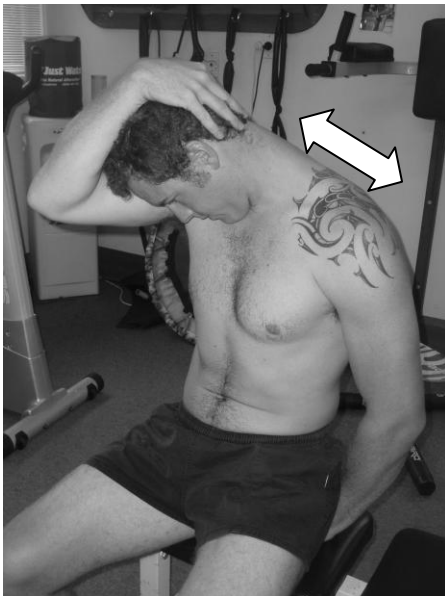
Drop your chin down to your chest and turn your head to look towards your hand that is sat on.

Wrap your other hand right over the top of your head to cup your ear and gently pull your ear to your shoulder.

You should feel a stretch as shown by the arrow.

Hold for ___ seconds. Repeat ___ times on the ___ side / both sides. Do ___ times / day.

2) Levator Scapulae stretch



Starting Position

Sit on the hand of the side to be stretched.

Action

Drop your chin down to your chest and turn your head to look away from the hand that is sat on.

Wrap your other hand right over the top of your head and gently pull your ear to your shoulder.

You should feel a stretch as shown by the arrow. Hold for ___ seconds. Repeat ___ times on the ___ side / both sides. Do ___ times / day.