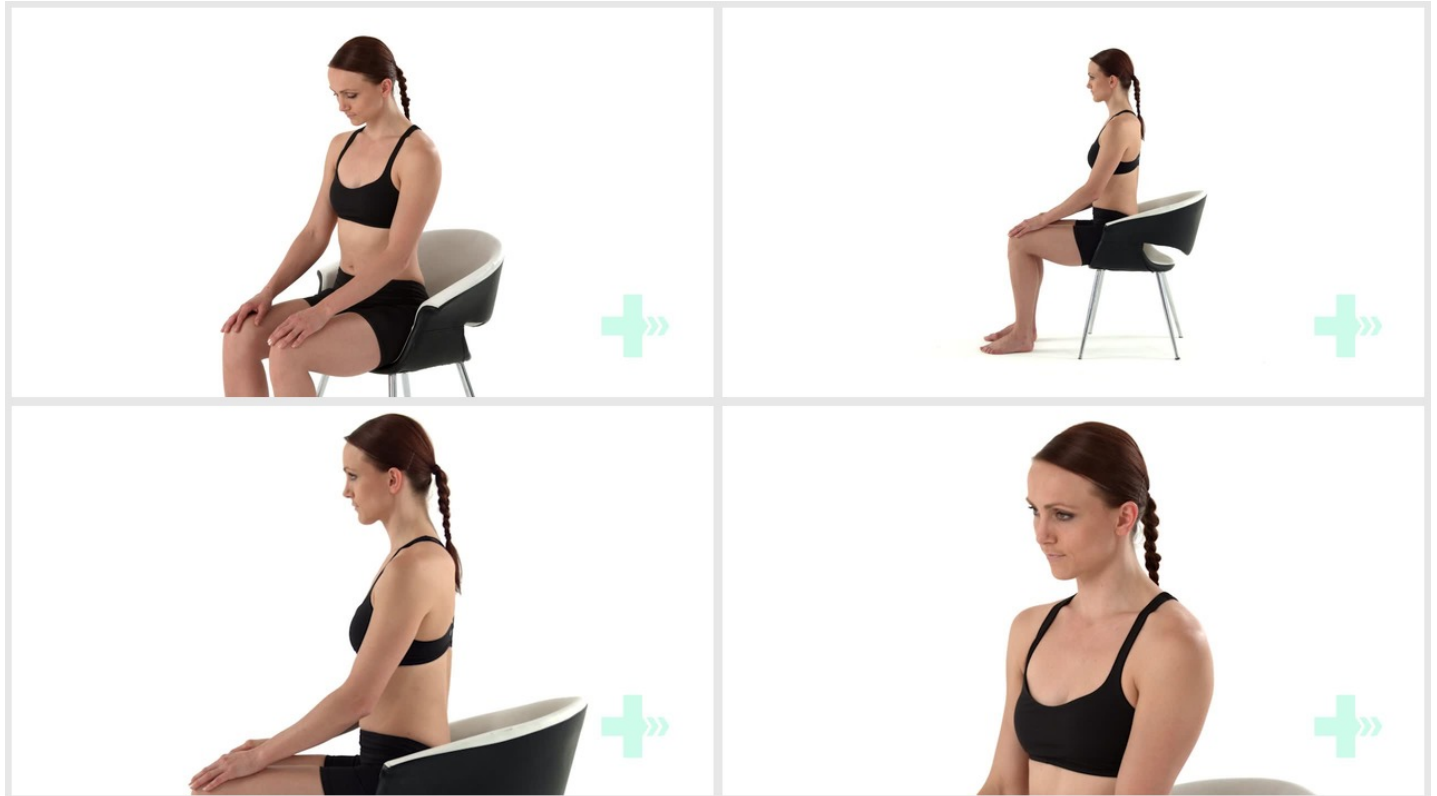


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1. Cervical flexion AAROM end range, sitting; 01

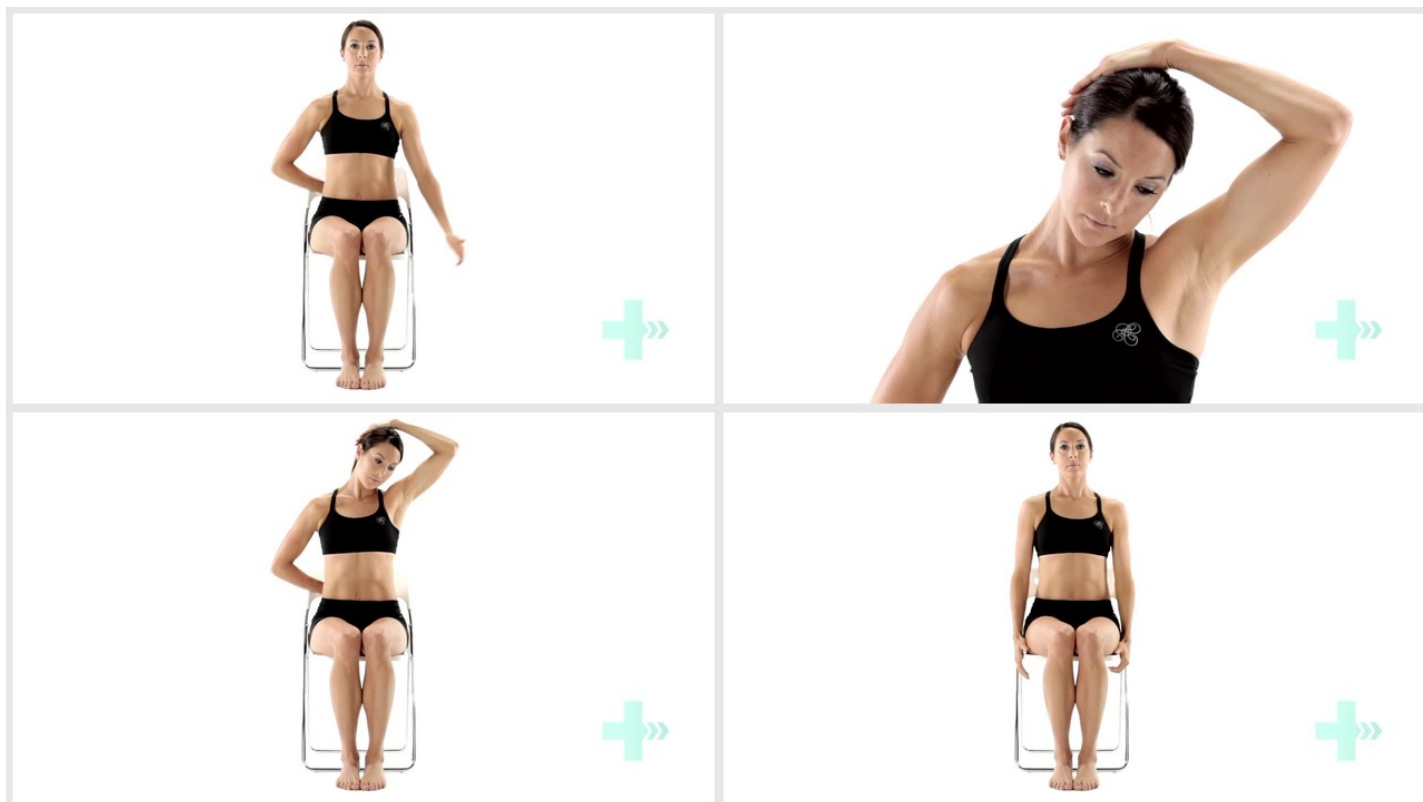
3 Sets / 4 Reps / 20 s hold



Sit upright in a chair, looking straight ahead.
Slowly look down at your lap, moving only your head, not your body.
Use your hands to pull your head further down gently.
Return to the starting position then relax and repeat.

2. Levator scapulae stretch, arm behind back, sitting; 01

3 Sets / 4 Reps / 20 s hold



Start in a seated position.

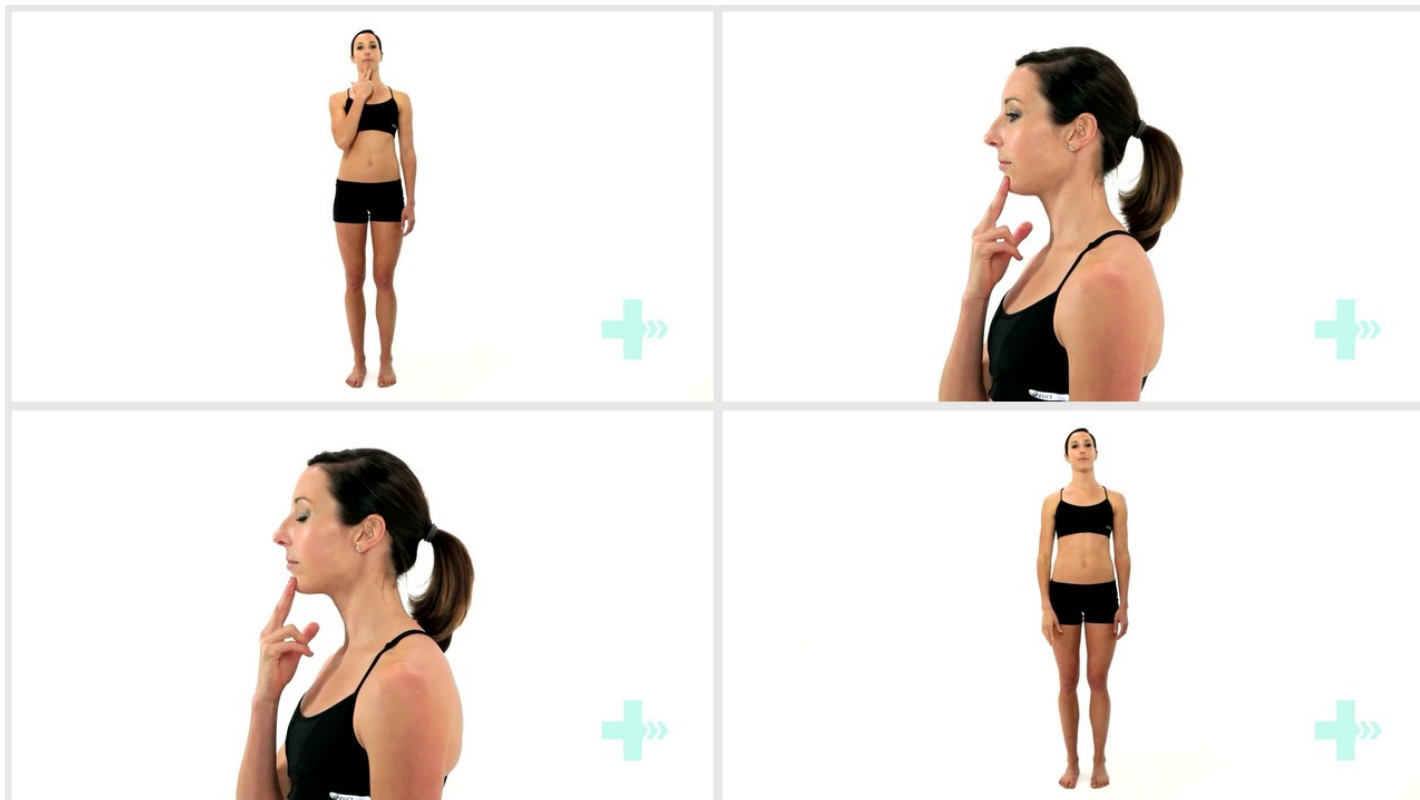
Place the hand of the side you want to stretch behind your back.

Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.

Hold this stretch.

3. Cervical retraction strengthening, tucking chin, standing

3 Sets / 10 Reps



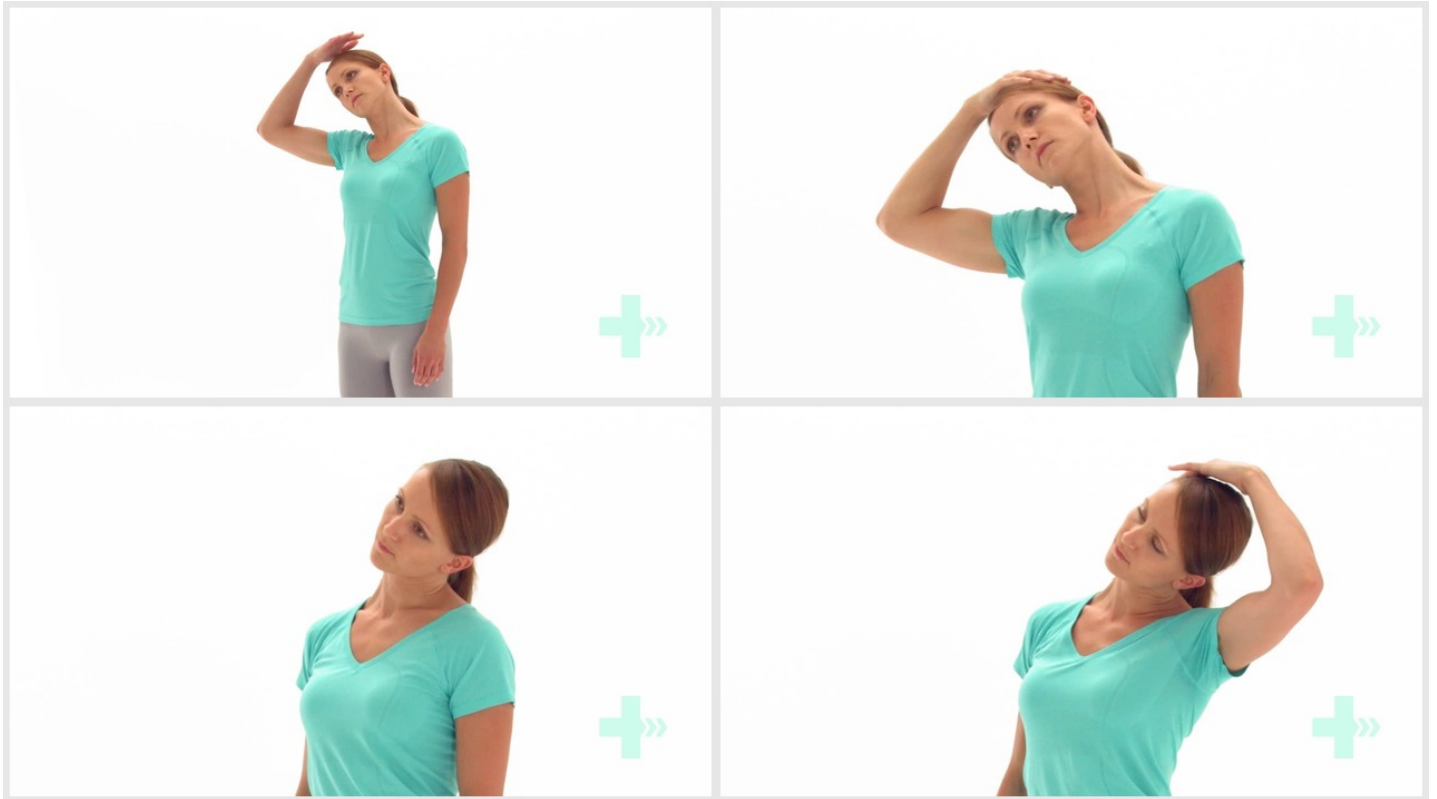
Stand straight, looking ahead, and place two fingers on your chin.

Push your chin so that your head goes straight back, lengthening through the back of your neck, and keeping your eyes forwards.

Hold, and then relax.

4. "Upper trapezius stretch" Cervical side bending stretch, standing

3 Sets / 4 Reps / 20 s hold



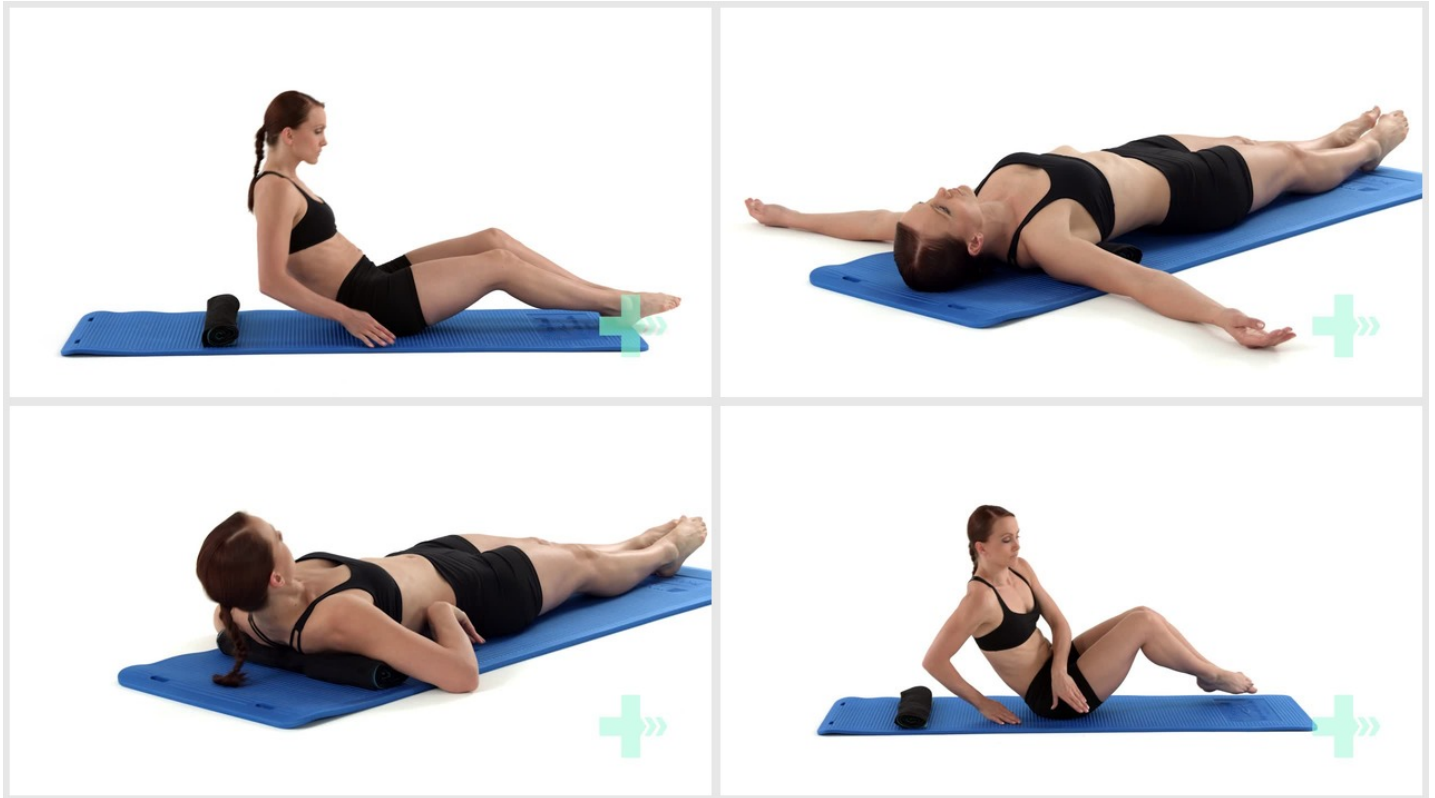
Gently tilt your head to one side until you feel the stretch on the opposite side.

If it's comfortable for you, apply some gentle pressure on the side of your head with one hand to increase the stretch.

Repeat on the opposite side.

5. Thoracic extension/pectoralis stretch, over towel, arms abducted 90°, supine; 01

3 Sets / 3 Reps / 1 min duration



Roll up a towel and place it on the floor across the area you will lie on.

Lie on your back with the towel positioned underneath and across your upper back.

Relax in this position, allowing your arms to drop out to the side and your chest to open up, stretching your upper back over the towel.

Remain here for the stated duration, and then move the towel down to the next segment of your upper back, and repeat.