

Neck Stretch



Upper Trapezius

- Step 1: Place hand under your butt with palm up to anchor your shoulder
- Step 2: Place opposite hand on top of your hand and bring your ear down toward your shoulder until you feel a gentle stretch.
- Step 3: M.E.T. Slightly push your head into your hand as you provide gentle resistance.
- Step 4: Exhale, and stretch to your next end R.O.M. (Range of Motion)