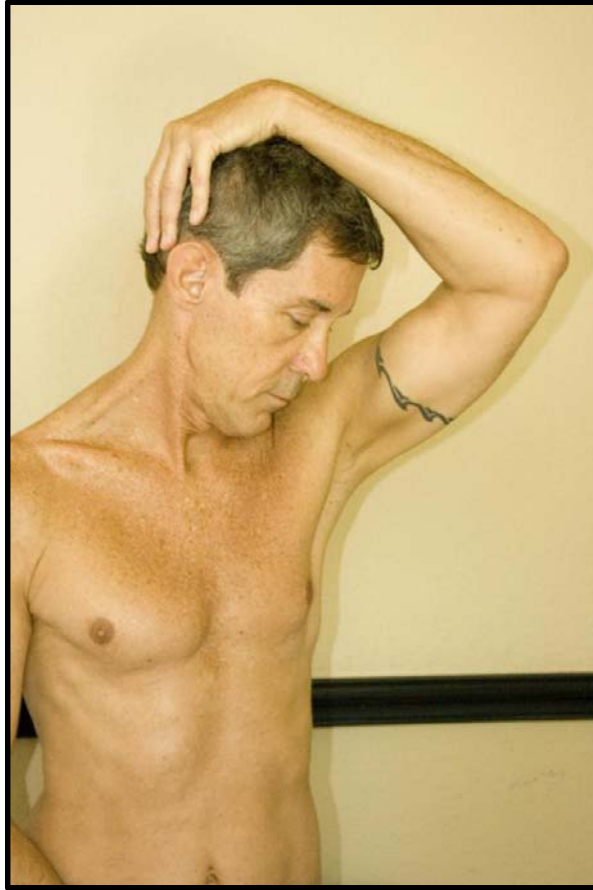


Neck Stretches



Levator Scapula & Posterior Scalene Stretch

- Step 1: Lower left shoulder; place right hand on top of head on the left side
- Step 2: Turn head 45° to the right
- Step 3: Exhale; bend neck forward; assist gently with right hand for 2 seconds
- Step 4: Repeat 2-3 times
- Step 5: Repeat on right side if indicated