

Cervical Stretches

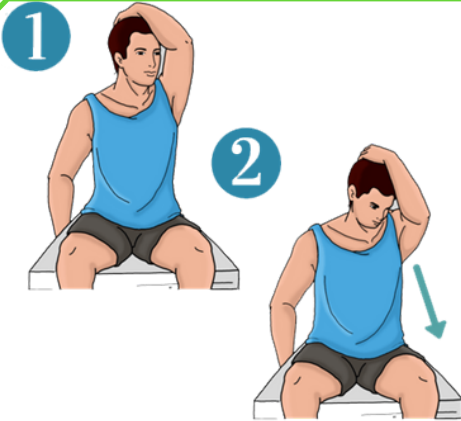


Upper Trapezius Stretch

Begin by sitting nice and tall with good posture. Then move your head to one side with the help of your hand. Repeat on both sides.

Hold: 30-45 Seconds

Repeat: 2-3x daily

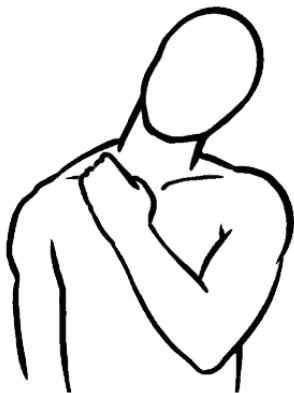


Levator Scapulae Stretch

Begin by sitting nice and tall with good posture. Place your hand behind the side you want stretched, then with the opposite hand pull your head forward and downward towards your pocket.

Hold: 30-45 seconds

Repeat: 2-3x daily.



Anterior Scalene Stretch

Begin by sitting nice and tall with good posture. Place one hand on your collar bone on the side you want to stretch. Then look up and away from that side at a 45-degree angle.

Hold: 30-45 seconds

Repeat: 2-3x daily.



Swan Lake
CHIROPRACTIC

Scan here for videos
of these stretches
and more!

