

Wall Angel: 10 reps, 3 sec hold, 1 set



Stand with back and shoulders against wall.



Slide arms toward side.



Squeeze shoulder blades together.

Scalene Stretch: 2 reps, 30 sec hold, 1 set



Place your left arm across your body.



Tilt your head toward your right side.



Pull left arm to increase stretch. Repeat other side.

Levator Stretch: 2 reps, 30 sec hold, 1 set



Place your left hand behind your neck.



Look toward your right armpit.

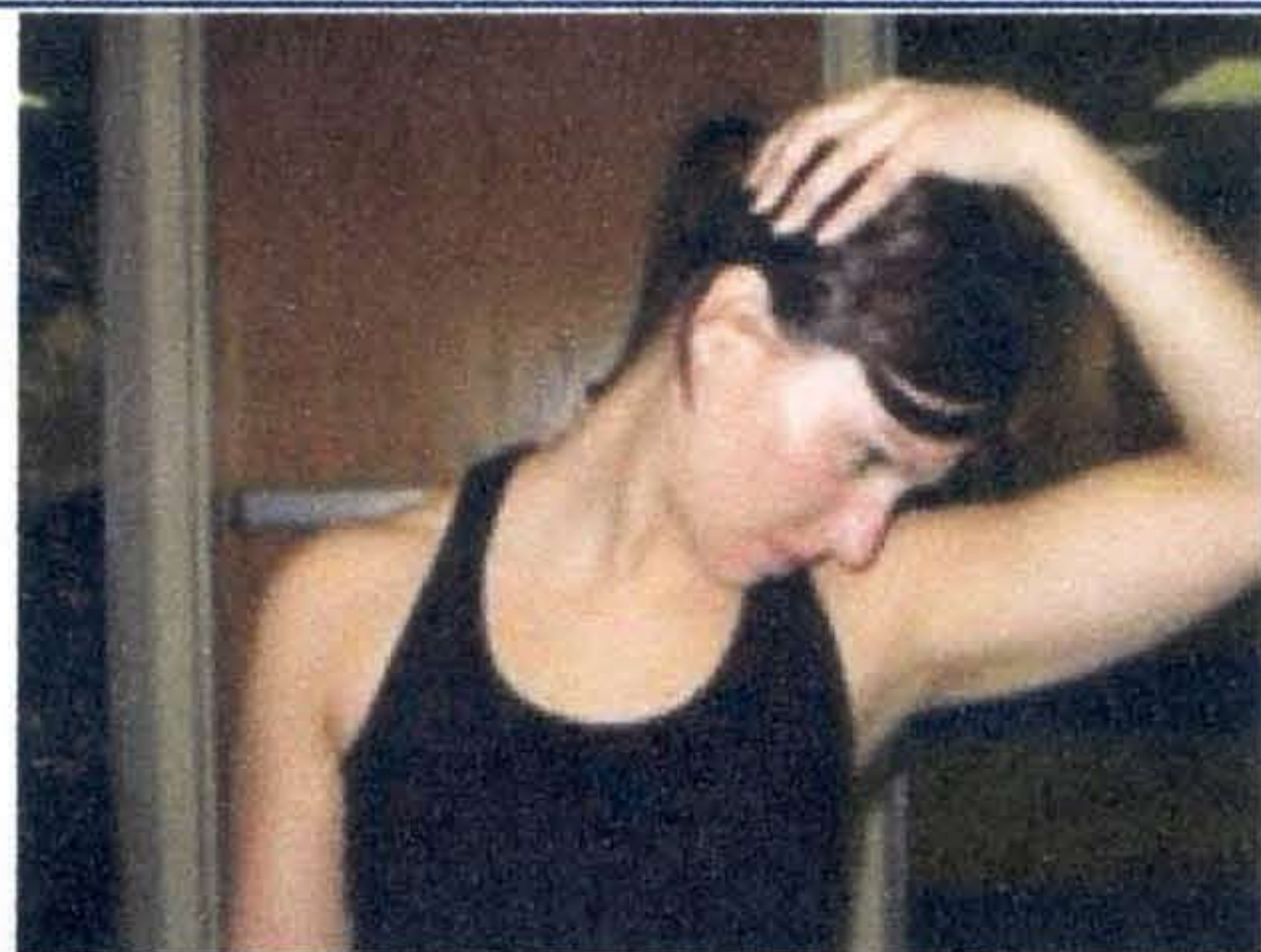


Pull head toward armpit. Repeat on other side.

Axial Retraction Chin Tuck



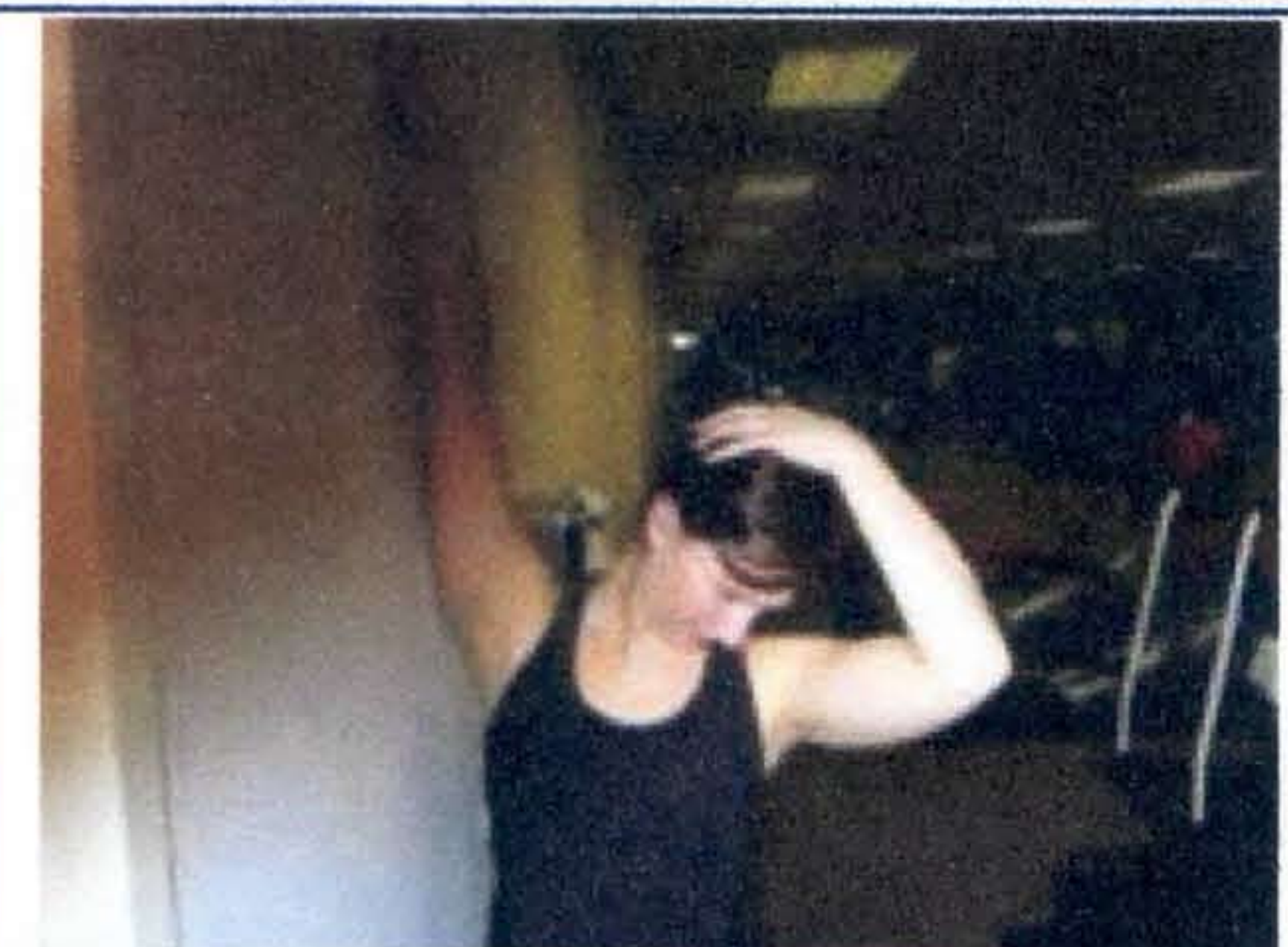
Neck Stretches



Diagonal Upper Trapezius Stretch



Scalene Stretch



Wall Supported Levator Scapula Stretch

Neck Isometrics

