



Notes :

1 Stretching side bending



Reps: 3 Freq: 3x / Day Hold: 20

Lift one arm and bring it up and across your head.

Sit straight and place the palm of your hand on your head.

Use your hand to pull your head gently down towards your shoulder until a stretch is felt on the opposite side of the neck.

Maintain the position.

Do not turn your head or tilt it forward or backwards while you perform this stretch.

3 Sub-occipital stretch



Reps: 5 Freq: 3x / Day Hold: 10

Sit with your back against the wall.

Nod your chin so that the back of your head slides on the wall.

Do not arch your back and try to flatten your shoulders into the wall.

Hold the position for the recommended time.

2 Platysma stretching



Reps: 5 Freq: 3x / Day Hold: 10

Stand or sit tall.

Place both hands over the top of the sternum and pull gently down.

Move your neck back to look towards the ceiling until a stretch is felt in front of your neck.

Maintain the stretch and relax.