



### Supine Cervical Retraction into Towel Roll

While lying on your back with a small folded up towel under your head, exhale and tuck your chin towards your chest. Do not lift your head up from the towel! Instead, focus on putting pressure into the towel with the back of your head.

Maintain contact of head with the towel for 5 seconds and slowly release. Repeat 10x.

<b>Repeat</b>	10 Times
<b>Hold</b>	5 Seconds
<b>Complete</b>	1 Set
<b>Perform</b>	2 Times a Day



### Levator Scapulae Stretch - Holding Chair and Top of Head

Grab the chair seat and then tilt your head to the other side, then rotate to the side, then tip downward as in looking at your opposite pocket.

Use your other hand and apply over pressure by gentling pulling.

You should be looking towards your opposite pocket of the target side.

<b>Repeat</b>	3 Times
<b>Hold</b>	30 Seconds
<b>Complete</b>	1 Set
<b>Perform</b>	2 Times a Day



### Scapular Retractions

Bring your awareness to your shoulder blades and gently squeeze them together and down your back. Hold, relax and repeat.

<b>Repeat</b>	10 Times
<b>Hold</b>	5 Seconds
<b>Complete</b>	1 Set
<b>Perform</b>	2 Times a Day