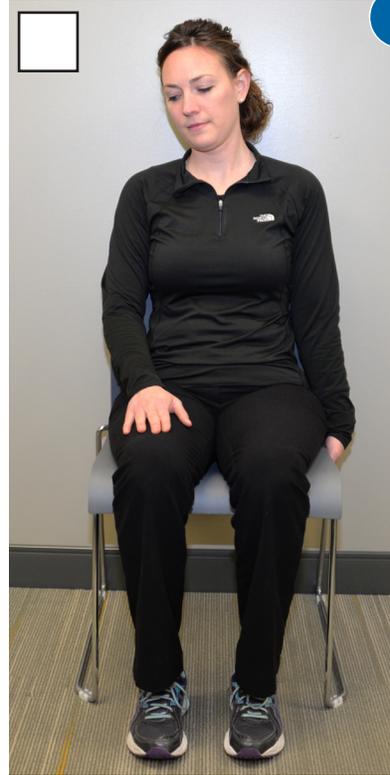


Exercises: Neck Stretches



1

Upper Trapezius Stretch: Sit up tall with good posture keeping shoulders down. Grasp the bottom of the seat with one hand. Slightly turn your ear to your shoulder until a comfortable stretch is felt on the opposite side of the neck. Hold that position for 20 seconds. Repeat to each side 3 times. Perform this exercise 2 times per day.



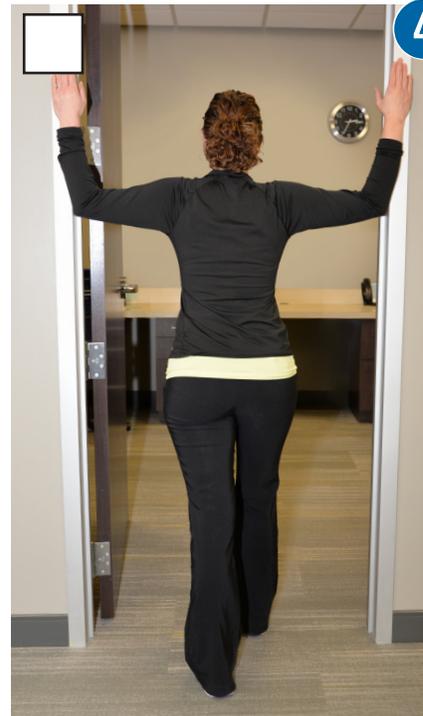
2

Levator Scapular Stretch: Sit up tall with good posture keeping shoulders down. Grasp the bottom of the seat with one hand. Slightly turn your chin toward your armpit until a comfortable stretch is felt on the opposite side of the neck. Hold that position for 20 seconds. Repeat to each side 3 times. Perform this exercise 2 times per day.



3

Neck Rotation: Rotate head gently and slowly from side to side. Do not turn head completely to either side, keep motion small. Keep chin level with ground without letting chin drop to chest. Repeat 10 times. Perform this exercise 2 times per day.



4

Doorway Stretch: Stand in a doorway with hands and arms out to the side as shown in picture. Keep forearms flat on door frame. Take one step forward with one leg to feel a comfortable stretch in chest region. Hold that position for 10-20 seconds. Repeat 3 times. Perform this exercise 2 times per day.



Exercises: Neck Strengthening



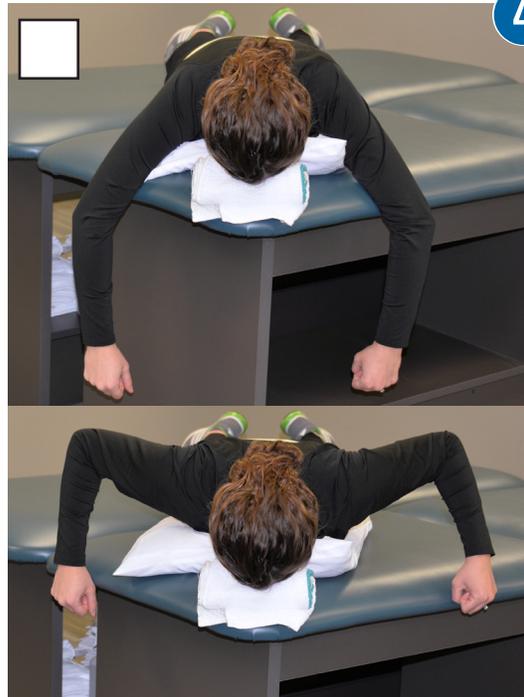
1 **Shoulder Scapular Squeeze:** Squeeze your shoulder blades together as shown in the picture. Hold 5 seconds. Repeat 10 times. Only squeeze hard enough to encourage good posture, not to create pain or discomfort. Perform this exercise 2 times per day



2 **Wall Push Up:** Start with feet approximately shoulder width apart. Place hands against wall slightly below shoulder level and elbows straight as shown in the picture. Bend elbows while keeping head in a neutral position. Repeat 10 times with 1-2 sets. Perform this exercise 2 times per day.



3 **Theraband™ Rows:** Place Theraband around a doorknob, or tie a knot in the Theraband and close it in the door. Anchor the band at chest level. Stand tall with each end of Theraband in your hands, knees slightly bent, abdominal muscles tight. Maintaining tight trunk muscles, pull arms back while squeezing shoulder blades together. Focus on squeezing the shoulder blades without shrugging the shoulders up towards the ears. Return to starting position. Do not lean back. Repeat 20 times. Perform 2 times per day.



4 **Prone Rows:** Lie on your stomach with your arms dangling off the side of the bed (try angling your body so your head is facing the corner of your bed). Use a pillow under your stomach for comfort. Begin by pulling arms back while bending elbows and squeezing shoulder blades together then slowly return to starting position. Do not lift head up while pulling arms back. Repeat 20 times. Perform 2 times per day.

