

SELF-TRACTIONS

Interlace your fingers behind your neck and bring your elbows together. Let your head and neck relax while you pull upwards on the back of your neck to apply traction. Hold 10 seconds. Relax.

SETS & REPS: 5 reps

FREQUENCY: Daily



CHIN TUCK WITH ROTATION

Start with your head in a relaxed position. Then tuck your chin in as far as you can and maintaining this chin tuck rotate your head left/right. Return to the centre. Relax and repeat.

SETS & REPS: 10 EACH SIDE

FREQUENCY: daily

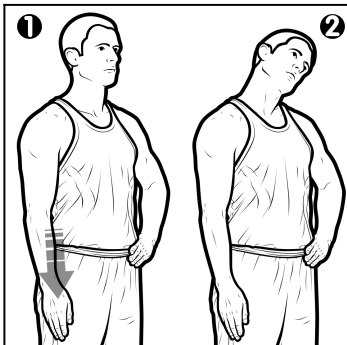


LEVATOR SCAPULAE STRETCH

Sitting, grasp under your chair and depress your shoulder. Rotate your head away from the side being stretched and bend your head forward until you feel a stretch. Use your other arm to gently pull your head further forward and to the side. Hold.

SETS & REPS: 30sec hold

FREQUENCY: daily



UPPER TRAPEZIUS STRETCH

Standing tall with good posture, reach one hand as far down your side as you can without leaning (1). Bend your head away from that hand towards your little toe until you feel a stretch in the side of your neck (2). Hold this position then relax.

SETS & REPS: 30 sec/side

FREQUENCY: Daily