



**Active Levator**

Seated, turn head to one side and drop head forward. Rest same side hand on back of head, do not pull on head. With opposite hand, slowly alternate shrugging with reaching for the floor.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Active Traps**

Seated, turn head to one side and tip ear to the opposite shoulder. Rest hand on side of head, do not pull on head. With opposite hand, slowly alternate shrugging with reaching for the floor.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Traps - Standing**

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side. Turn head toward the side to be stretched and tilt head away (ear to shoulder) to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Posterior Scalenes**

Sitting tall, keep shoulders back and down. Bend head slightly forward then tip ear sideways toward the shoulder to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Biceps / Pecs - Ball**

Lying on back with gym ball under mid back and head supported. Drop both arms off to the sides, bending wrists backwards, and let arms 'hang' to feel a stretch across the chest and front of the arms.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Chin Tuck / Retraction**

Sitting tall, slightly tuck chin down into neck. Keeping chin down, slide head backwards on neck as far as comfortable. Hold, relax and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Traps - Bilateral**

Standing, clasp 'hand over hand' behind back. Stand tall, keep chin tucked down and lower shoulder blades down to the floor to feel a stretch in the top of the shoulders.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Traps - Self Traction**

Sitting tall, grasp back edge of a chair with hand of side to be stretched.

Turn head toward that same side and lean head and body away to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Levator - Self Traction**

Relax arm of the side to be stretched up behind head. Use opposite hand to gently direct head forward and to the side to feel a stretch in the back and side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Levator - Standing Self Traction**

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side.

Turn head away from side being stretched and let head hang forward to feel a stretch in the side and back of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31