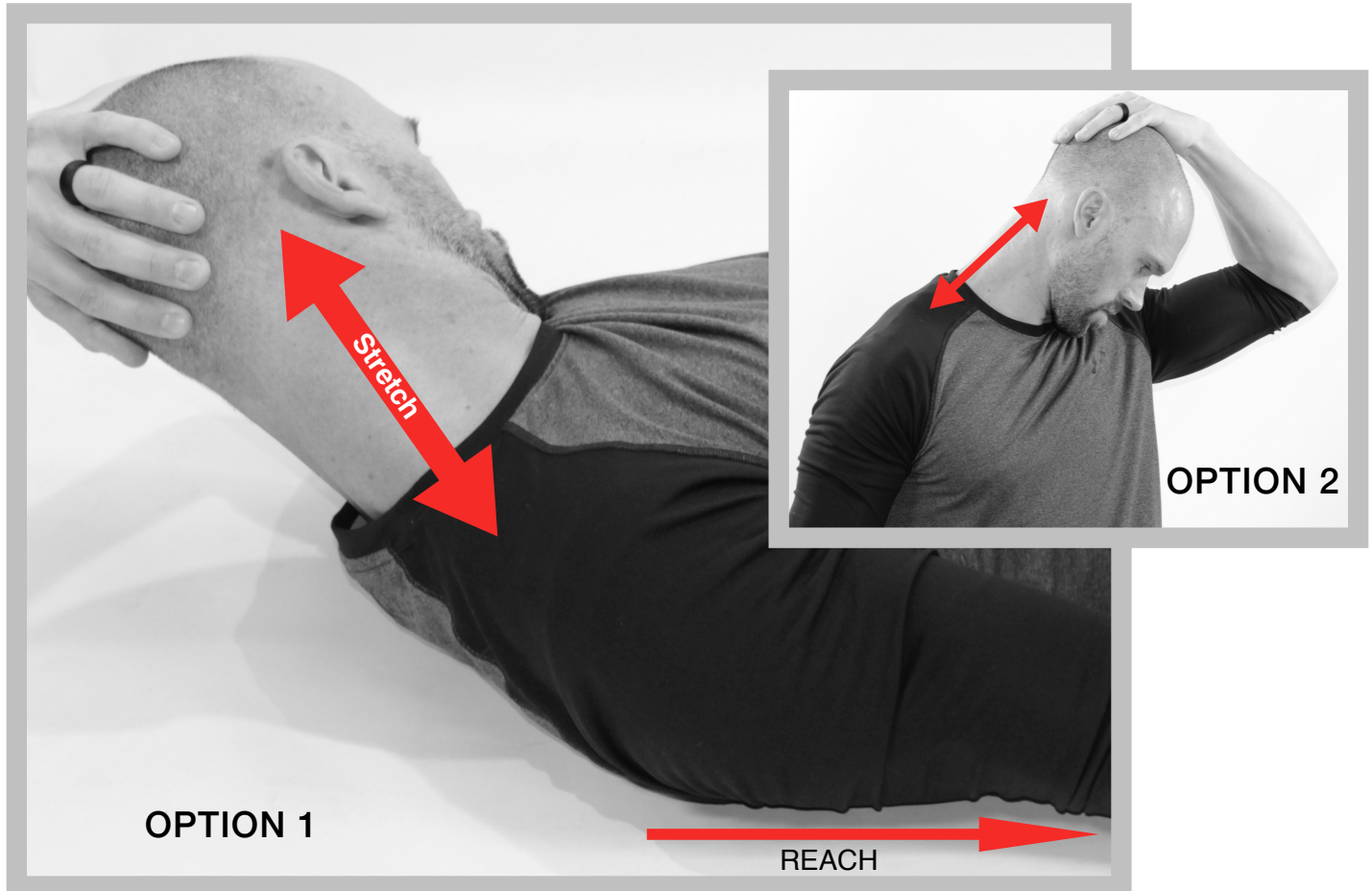


CERVICAL SPINE (LEVATOR SCAPULAE EMPHASIS)



Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / ____x/wk

INSTRUCTIONS

Option 1: (Preferred method) Start by looking towards the opposite shoulder from the side you wish to stretch. Gently bring your chin towards the same side shoulder in which you are looking. With the non assisting arm, slide your arm down towards your knee to push the stretching shoulder down.

Option 2: This alternative stretch is performed the same way as “Option 1”, but in a seated position. Best performed when lying down is not an option (ex. while at work).



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