

# CERVICAL SPINE (UPPER TRAPEZIUS EMPHASIS)



OPTION 1



OPTION 2

Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / \_\_\_\_\_x/wk

## INSTRUCTIONS

Option 1 : (Preferred method - Lying on your back). Look towards the side you wish to stretch (stretching right side pictured above). Place your opposite hand on your head and using gentle assistance, tilt your head away from that side. (Rotate towards, tilt away). Optional use of a small pillow to support your head is acceptable. Stretch should be felt along the right side of the neck and shoulder.

Option 2: 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).



Northwestern Health  
Sciences University