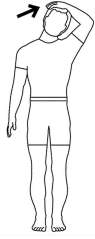


Upper trapezius stretch



- Sit or stand.
- Place hand on top of head.
- Keep head facing forward and gently pull head sideways as shown.
- Repeat with other side.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Levator scap stretch



- Sit on chair
- Grasp seat with the hand on the side of the tightness.
- Place your other hand on head and gently pull down and diagonally to other side.

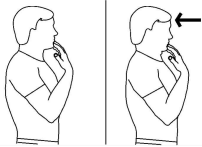
Special Instructions:

Look in the direction you are pulling.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Chin tuck



- Sit or stand, looking forward, with good posture.
- Tuck chin in.
- Return to start position.

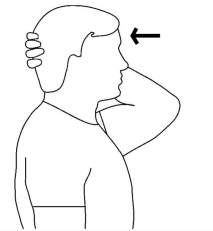
Special Instructions:

To progress, place finger on chin, apply backwards pressure.

Perform 5 sets of 5 Repetitions, three times a day.

Perform 1 repetition every 4 Seconds.

Isometric neck back push

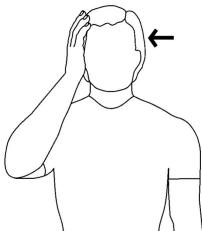


- Place palm against back of head.
- Push back of head into palm, not allowing neck to bend.

Perform 1 set of 5 Repetitions, once a day.

Hold exercise for 8 Seconds.

Isometric side neck push

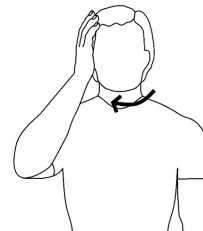


- Place palm against same side of head.
- Push head into palm, not allowing neck to bend.
- Repeat with other side.

Perform 1 set of 5 Repetitions, once a day.

Hold exercise for 8 Seconds.

Isometric neck twist push



- Place palm against side of face as shown.
- Push face into palm, trying to rotate toward palm, not allowing neck to turn.
- Repeat with other side.

Perform 1 set of 5 Repetitions, once a day.

Hold exercise for 8 Seconds.

Exercises are typically listed in order from least difficult to most difficult. Start with the first 2-4 exercises. If they are not challenging, skip further down the document and perform more challenging exercises. Exercises and stretches can be uncomfortable, but should not be painful. Spend no more than 10 minutes a day on these exercises, but try to do them daily.

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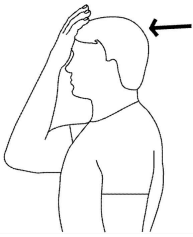
These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

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Isometric forward neck push

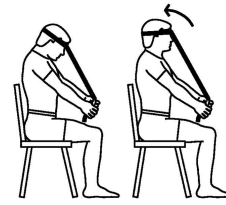


- Place palm against forehead.
- Push forehead into palm, not allowing neck to bend.

Perform 1 set of 5 Repetitions, once a day.

Hold exercise for 8 Seconds.

Elastic neck back

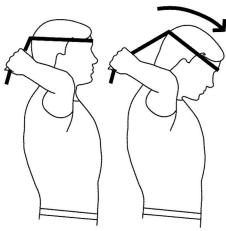


- Sit with good posture.
- Loop elastic around head, just above ear.
- Hold elastic in both hands.
- Start with head bent forward.
- Pull head back to upright.
- Return to start position.

Perform 3 sets of 10 Repetitions, once a day.

Use green Elastic.
Perform 1 repetition every 4 Seconds.

Elastic neck forward bend



- Sit with good posture.
- Loop elastic around forehead.
- Hold elastic behind head.
- Looking straight ahead, bend neck forward.
- Return to start position and repeat.

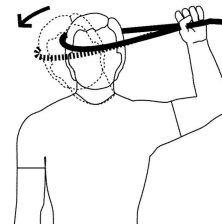
Special Instructions:

Move in painfree range.

Perform 3 sets of 10 Repetitions, once a day.

Use green Elastic.
Perform 1 repetition every 4 Seconds.

Elastic neck sidebend



- Sit with good posture.
- Loop elastic around head, just above ear.
- Hold elastic in hand.
- Looking straight ahead, bend neck sideways, moving ear toward opposite shoulder.
- Return to start position.

Special Instructions:

Move in painfree range.

Perform 3 sets of 10 Repetitions, once a day.

Use green Elastic.
Perform 1 repetition every 4 Seconds.

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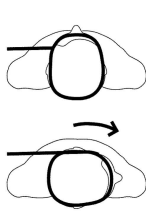
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Supine elastic neck twist



- Attach elastic to secure object at floor level.
- Lie on back.
- Loop elastic around forehead.
- Turn head away from elastic.
- Return to start position and repeat.
- Repeat sets to other direction.

Special Instructions:

It may be helpful to have head resting on small pillow so the neck is lightly bent forward.

Perform 3 sets of 10 Repetitions, once a day.

Use green Elastic.

Perform 1 repetition every 4 Seconds.

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Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

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