

**RETRACTION / CHIN TUCK**

Slowly draw your head back so that your ears line up with your shoulders. Video # VVR7W4UZ2

Repeat 5 Times  
Complete 5 Sets

Hold 10 Seconds  
Perform 10 Times a Day

**UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD**

Place one hand behind your back and gently pull your head towards the opposite side...finger in your ear....rotate your chin towards the ceiling GO TO THE POINT OF 'PULL', NOT 'PAIN'...EASY OFF RATHER THAN QUIT THE STRETCH. Video # VVUDY3AES

Repeat 3 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day

**LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK**

AND TOP OF HEAD.... nose to armpit Video # VV3UM5RU6.'

Repeat 3 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day