

Cervical Spine Stretches

~Let Hope Be Your Guide to Health

Trapezius:

Tuck your chin. Bring your right ear down to the right shoulder and your turn nose to the left side at the same time. Apply a stretch by placing your right hand on the left side of your head. Hold for fifteen to thirty seconds. Repeat on the opposite side

Levator Scapulae:

Tuck your chin. Bring your right ear down to the right shoulder and turn your nose to the right side. Apply a stretch by placing your right hand on the left side of your head. Hold for fifteen to thirty seconds. Repeat on the opposite side

