

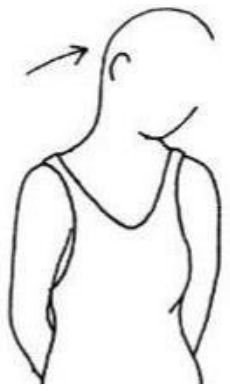


Neck stretching exercises	Description
<p data-bbox="235 268 535 304">Upper trapezius stretch</p> 	<p data-bbox="836 336 1331 598">Sitting in an upright position, put your right arm behind your back and gently grasp the right side of your head with your left hand to help tilt your head toward the left. You will feel a gentle stretch on your right side. Hold for 20 seconds. Repeat 3 times on each side.</p>
<p data-bbox="235 735 446 766">Levator scapula</p> 	<p data-bbox="836 819 1339 997">Sitting in an upright position, put your right arm behind your back and rotate your neck gently facing right shoulder. Then slowly pull forward your head feeling the stretch on your left side.</p>
<p data-bbox="235 1249 430 1281">Scalene stretch</p> 	<p data-bbox="836 1365 1356 1690">Sitting in an upright position, clasp both hands behind your back, lower your left shoulder, and tilt your head toward the right. Hold this position for 20 seconds and then come back to the starting position. Lower your right shoulder and tilt your head toward the left until you feel a stretch. Hold for 20 seconds. Repeat 3 times on each side.</p>