

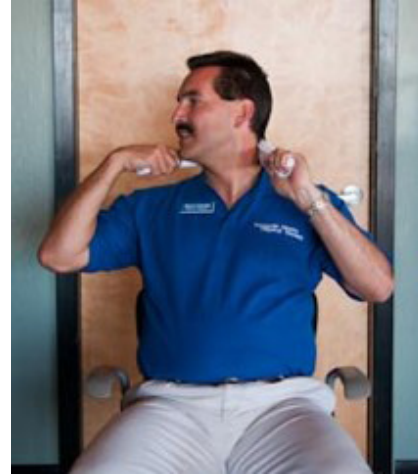
**Neck 1**



Stretch neck rotation 1/3 (Use the towel at three different levels starting high and work low)



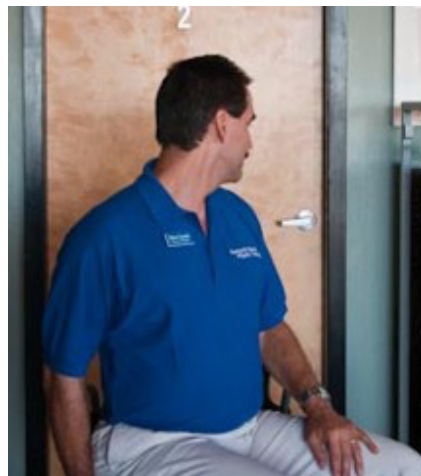
Stretch neck rotation 2/3



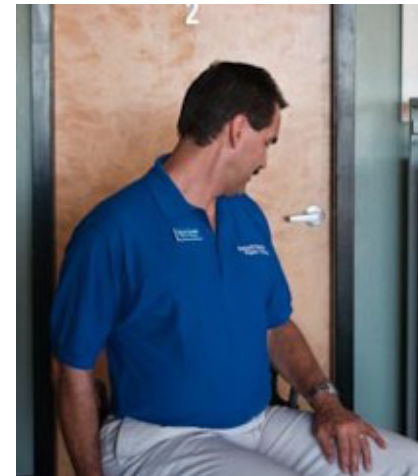
Stretch neck rotation 3/3



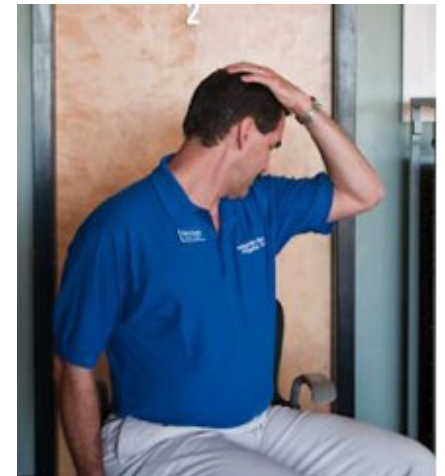
Stretch neck right (levator scapulae) 1/4 (lean left slightly to stabilize the right side arm and shoulder)



Stretch neck right (levator scapulae) 2/4



Stretch neck right (levator scapulae) 3/4



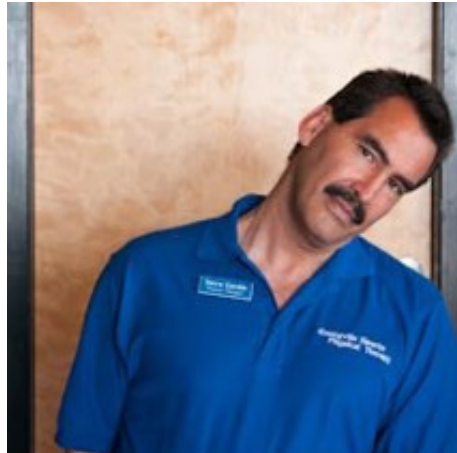
Stretch neck right (levator scapulae) 2/4

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.

**Neck 2**



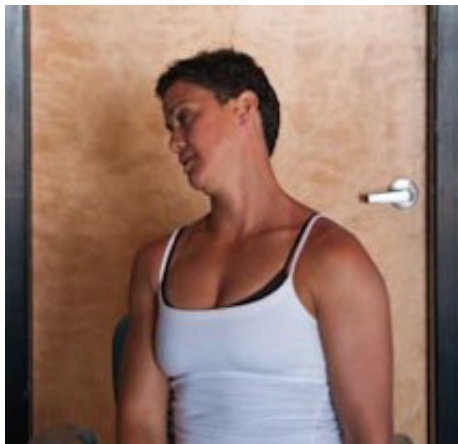
Stretch neck right upper trapezius muscle 1/3 (leans left to stabilize the right arm and shoulder)



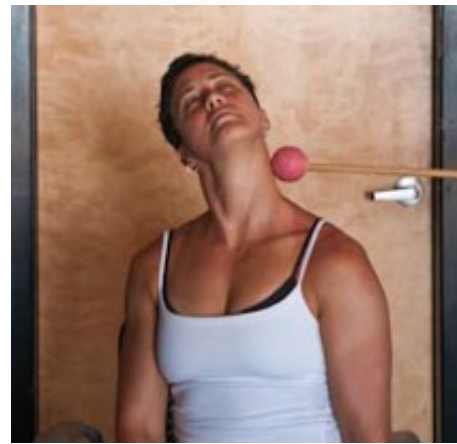
Stretch neck right upper trapezius muscle 2/3



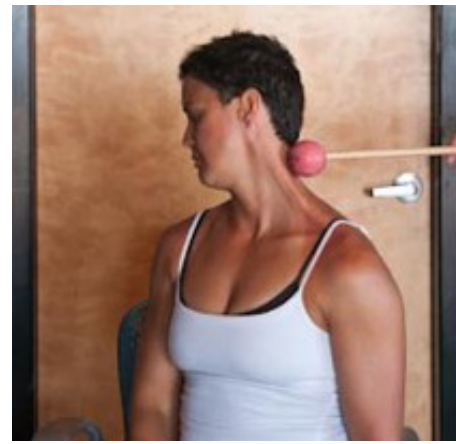
Stretch neck right upper trapezius muscle 3/3



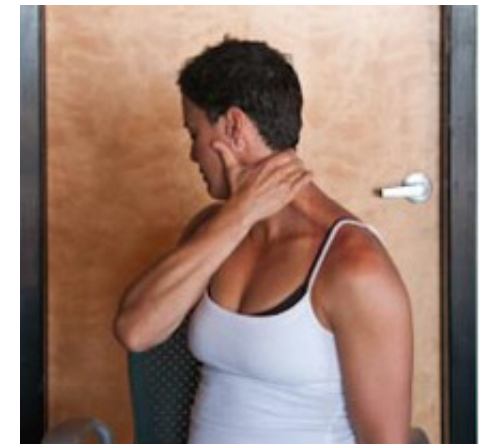
Stretch neck scalene muscles left side (leans right to stabilize left arm and shoulder)



Stretch neck left sternocleidomastoid muscle



Stretch neck rotation right with self mobilization upper neck 1/2 (requires specific instruction by physical therapist)



Stretch neck rotation right with self mobilization upper neck 2/2

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