

**YOUR DVD CODE: 904 - 993 - 920**

**1: 904 - Upper Trapezius Stretch**



- Place one hand on head and the other hand behind back
- Move ear toward shoulder until a stretch is felt

Sets: 2 Sessions: 2 Everyday Hold Time: 10s Side: Both

**2: 993 - Levator Scapula Stretch #2**



- Sit with good posture
- Hold chair with hand
- Lean head away from hand
- Rotate chin toward chest until stretch is felt

Sets: 2 Sessions: 2 Everyday Hold Time: 10s Side: Both

**3: 920 - Scalene Stretch**



- Sit with good posture
- Hold chair with hand
- Slowly lean head away from hand
- Rotate chin toward ceiling until stretch is felt

Sets: 2 Sessions: 2 Everyday Hold Time: 10s Side: Both