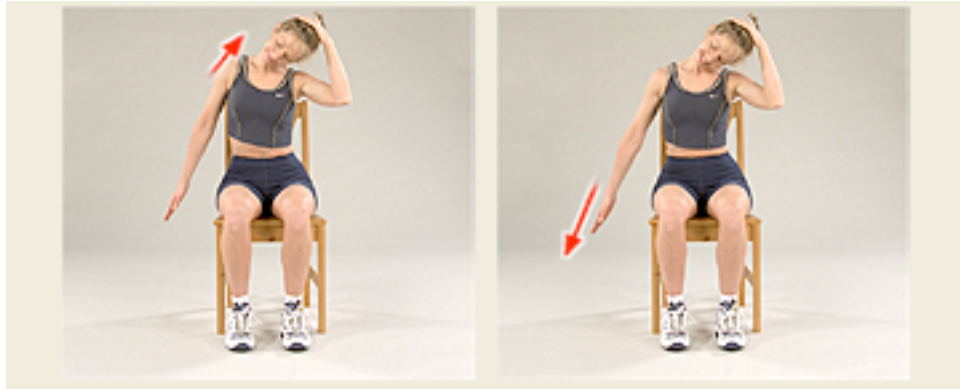
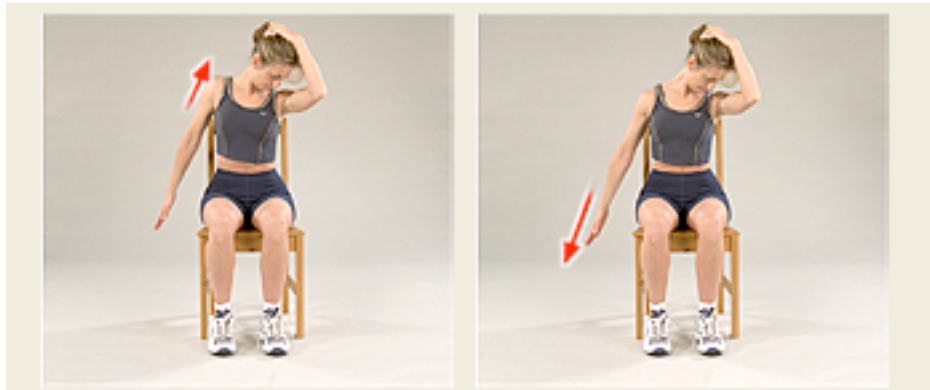


## Upper Trapezius Stretch



- Sit up straight.
- To stretch the left upper trapezius turn your head to the left and angle your neck down to the right.
  - With your left hand reach behind you, this anchors your shoulder blade.
  - With your right hand lightly pull your head further into that direction.
    - Repeat doing the opposite for the right side.
- Hold each stretch 10-20 seconds, alternating sides, doing each side twice.

## Levator Scapulae Stretch



- Sit up straight.
- To stretch the left side, turn your head so you are looking at your right knee.
- Drop your head down toward your chest but in the direction of the right knee.
  - With your left hand reach behind you, this anchors your shoulder blade.
  - With your right hand lightly pull your head further into that direction.
    - Repeat doing the opposite for the right side.
- Hold each stretch 10-20 seconds, alternating sides, doing each side twice.