Upper Trapezius Stretch

1. Sitting in a chair, place your hand of the side you want to stretch underneath your thigh so you are sitting on it. You can also place it behind your back.
2. Take your other hand over your head and place it on the side you want to stretch. Gently pull towards the other side until you feel a stretch, and hold.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=bCZpVY83CTk

Cervical Flexion

1. Start with your shoulders relaxed and your head in a neutral position.
2. Bend your chin down towards your chest, and come back up into a neutral position.

Reps: 10-15 | Sets: 2-3 | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=8EGMm1DwR5Q

Cervical Extension

1. Start with your shoulders relaxed and your head in a neutral position.
2. Bring your head backwards and look up towards the ceiling. Then return to a neutral position.

Reps: 10-15 | Sets: 2-3 | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=WIKjY7GY4Lk
**Cervical Rotation**

1. Start with your shoulders relaxed and your head in a neutral position. Slowly turn your head like you are looking over your shoulder.
2. Repeat to the other side.

   Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

   Video: [hepbuilder.com/v.php?y=SyKMG03ijFI](hepbuilder.com/v.php?y=SyKMG03ijFI)

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**Cervical Sidebend**

1. Start with your shoulders relaxed and your head in a neutral position. Bend your head towards your shoulder like you are trying to touch your ear to your shoulder.
2. Repeat to the other side.

   Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

   Video: [hepbuilder.com/v.php?y=54NLZgdTFlA](hepbuilder.com/v.php?y=54NLZgdTFlA)

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**Trigger Point Release on Neck with Ball**

1. Take a lacrosse ball, tennis ball, or racquet ball, and place it over your trigger point.
2. Lie down on the ball using the floor for pressure, or push it with your hand into the area.

   Reps: 2-3 | Sets: 1-2 | Hold Time: 30 seconds | How Often: 2-3 times per day


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**Cervical Rotation Foam Roll**

1. Lie down with a foam roll under your neck. Gently rotate your head to one side.
2. Rotate your head to the other side.

   Reps: 10-15 | Sets: 2-3 | Hold Time: 1 - 2 seconds | How Often: 2-3 times per day

**Rhomboid Stretch Across Arm**

1. Take the arm that you want to stretch, and bring it across your body at shoulder height and bend your elbow. Take your other hand and place it on the outer portion of your elbow.

2. Push your elbow further across and back until you feel a stretch, and hold it.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=u6BZYyS3KTE

**Rhomboid Stretch in Long Sitting**

1. Sit on the floor or your bed with your legs straight out in front of you. Clasp your hands together straight in front of you with your elbows straight.

2. Tuck your chin in towards your chest and punch your clasped hands forward. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=gNBEGGOkxuY

**Rhomboid Stretch in Quadruped**

1. Get on all fours in quadruped and cross your arms at your wrists.

2. Tuck your chin in towards your chest and arch your back upward like a cat. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=OUwH8aeKYww

Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.