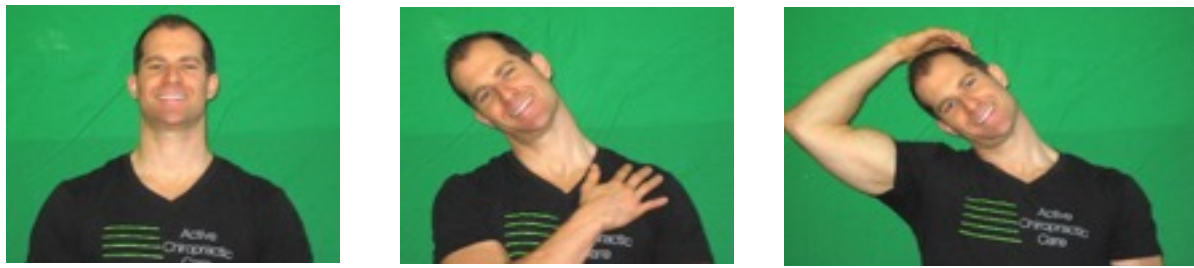
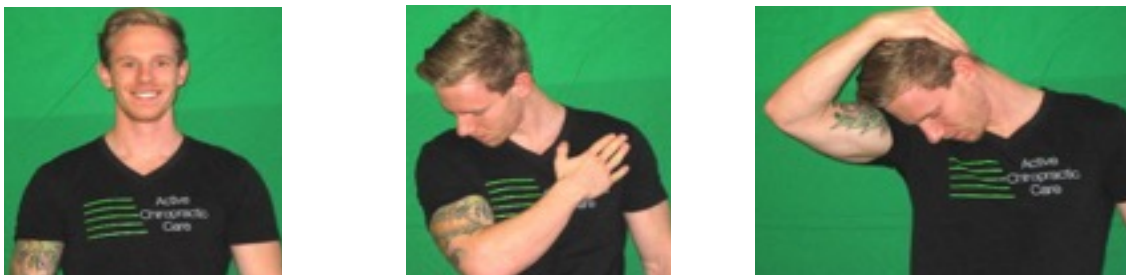




**Four way neck stretches:** Perform stretches in all pain free ranges of motion.  
(Reinforces normal ranges of motion and Chiropractic adjustments).



**Upper trapezius stretch:** Perform to both sides holding 10 - 15 seconds each.  
Head is looking straight ahead. \* *Lower the shoulder on the side you are stretching.*



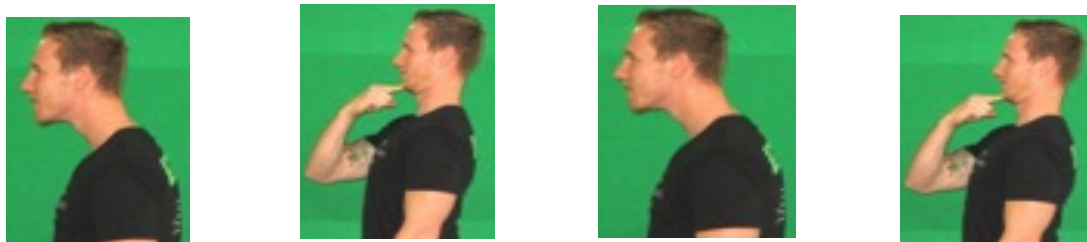
**Levator scapulae stretch:** Perform to both sides holding 10 - 15 seconds each.  
Head is looking 45° down on an angle. \* *Lower the shoulder on the side you are stretching.*



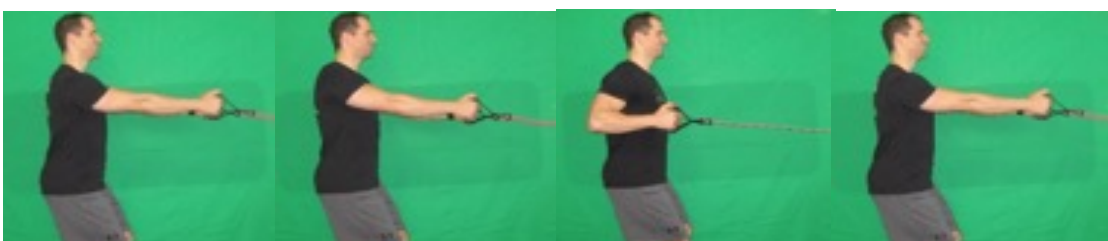
**Pectoralis major and minor stretches:** Perform 3 sets on each side holding 15 - 30 seconds.  
(Reverses forward shoulder posture). \* *Perform with arms both at 90 degrees and 145 degrees.*



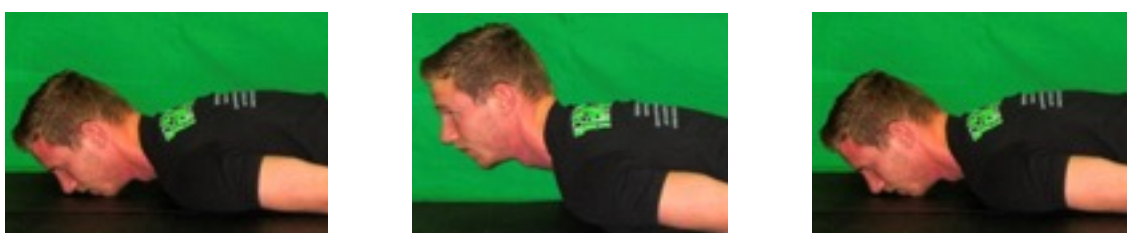
**Bruggar's stretch:** Perform 3 - 5 sets holding 10 - 15 seconds each.  
(Reverses the effects of forward head posture). \* *Perform every hour when seated at a desk.*



**Chin tuck exercise:** Perform 3 sets of 10 - 15 repetitions.  
(Strengthens the deep neck flexor muscles and reduces forward head posture).



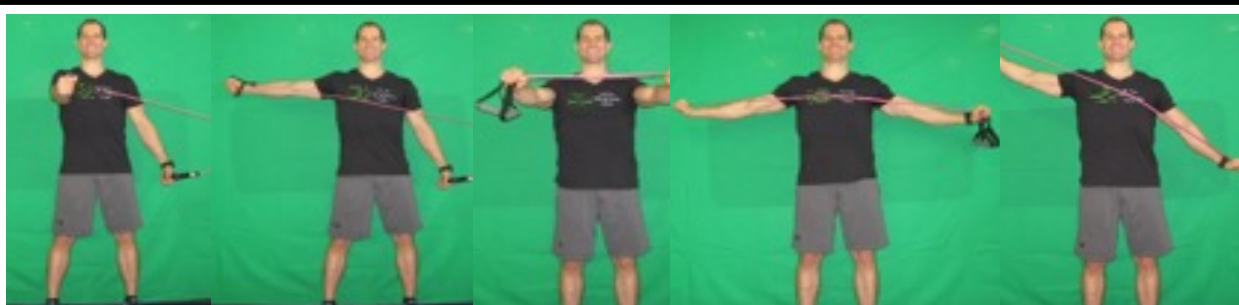
**Scapular retraction exercise:** Perform 3 sets of 10 - 15 repetitions.  
1.) *Retract shoulders* 2.) *Row to chest* 3.) *Straighten arms - shoulders back* 4.) *Relax shoulders*



**Neck extension exercise:** Perform 3 sets of 10 - 15 repetitions.  
(Strengthens muscles which support the curve of the neck).



**Neck bend exercise:** Perform 3 sets of 10 - 15 repetitions on each side.  
(Strengthens muscles that keep the neck in alignment).



**Shoulder abduction exercise:** Perform 3 sets of 10 - 15 repetitions.  
(Strengthens the muscles which prevent the shoulders and head from rolling forwards).