



Active Levator

Seated, turn head to one side and drop head forward. Rest same side hand on back of head, do not pull on head.

With opposite hand, slowly alternate shrugging with reaching for the floor.

Notes:

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Active Traps

Seated, turn head to one side and tip ear to the opposite shoulder.

Rest hand on side of head, do not pull on head. With opposite hand, slowly alternate shrugging with reaching for the floor.

Notes:

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Posterior Scalenes

Sitting tall, keep shoulders back and down. Bend head slightly forward then tip ear sideways toward the shoulder to feel a stretch in the side of the neck.

Notes:

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Anterior Scalenes

Sitting tall, turn head 45° to one side. Keeping head turned, lift chin up to the sky as if to be 'star gazing' to feel a stretch in the front and side of the neck.

Notes:

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31