



1 Set / 5 Reps / 10 s hold

### 1. "Upper trapezius stretch" Cervical side bending stretch, sitting; 01

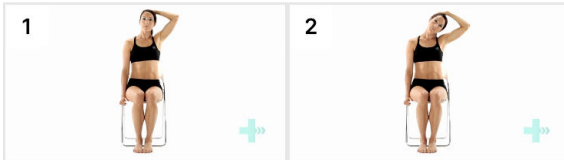
Start in a seated position.

Place the hand on the symptomatic side under your chair.

Take your other hand and place it on your head.

Tilt your ear directly down towards your shoulder and hold this position.

You should feel a stretch down the side of your neck.



1 Set / 5 Reps / 10 s hold

### 2. Levator scapulae stretch, arm behind back, sitting; 01

Start in a seated position.

Place the hand of the side you want to stretch behind your back.

Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.

Hold this stretch.



1 Set / 5 Reps / 10 s hold

### 3. Scalene stretch, sitting

Sit up straight in a chair.

Place the arm on the side you would like to stretch behind your lower back.

Sitting up tall, tilt your head away from this side.

Then, tilt your head back a little.

You should feel a stretch down the front side of your neck.



1 Set / 5 Reps / 10 s hold

### 4. Cervical extensors stretch, hands interlaced behind head, sitting

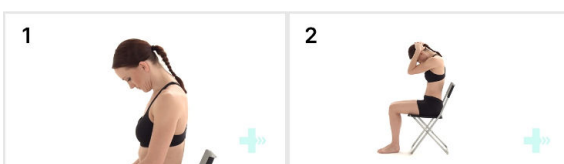
Sit upright in a chair.

Keeping your back straight, look down at your lap, dropping your chin to your chest.

Place both hands behind your head, and gently apply some pressure to pull your chin further in to your chest.

You should feel a stretch down your neck and back.

Hold this position.



**5. Sternocleidomastoid stretch, sitting**

Sit upright on a chair.

Rotate your head to one side and extend your neck, then look up and back further stretching your neck.

Use your hand to increase this stretch if required.

Hold and then relax.

**6. "Wall angels" Scapular stabilization, standing**

Stand with your back against a wall and bend your knees a little.

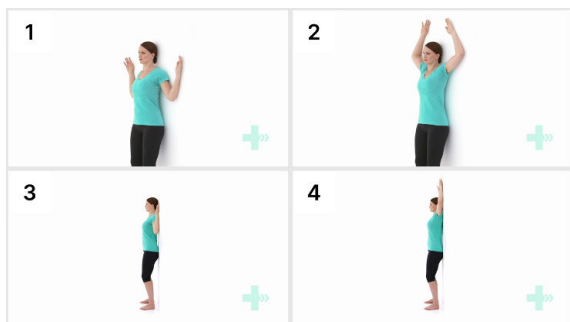
Your shoulders and head should be touching the wall.

Start with your upper arms at your side with your elbows bent.

Your wrists and forearms should be touching the wall.

Bring your arms up as high as you can get them, without any of your body parts coming away from the wall.

When you reach as far as you can, slide the arms back down to the start position.

**7. Chest/shoulder/thoracic stretch, lifting interlaced hands behind, standing; 01**

Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.

Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.

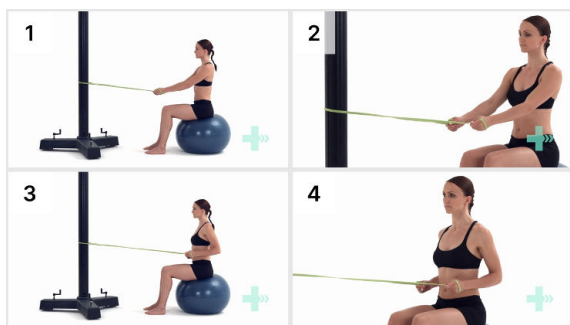
**8. "Row" Shoulder extension/scapular retraction strengthening, with band (mid), sitting on stability ball**

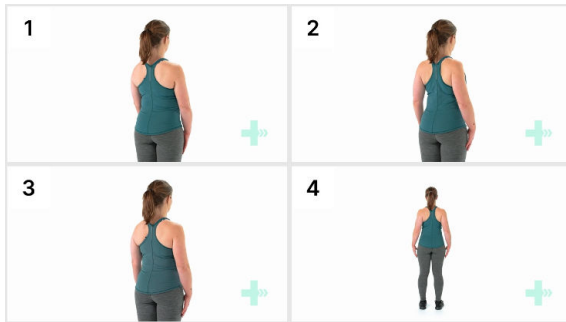
Sit straight on a stability ball.

Hold a resistance band in both hands, wrapped around a stable structure.

Maintaining good posture on the ball, pull your elbows backwards, generating the movement predominantly by drawing the shoulder blades back together.

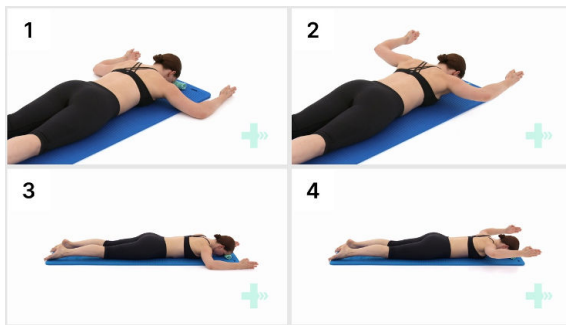
Slowly return to the start position and repeat.



**9. Scapula retraction and hold**

Stand in a relaxed position with your arms hanging by your sides.  
Draw your shoulder blades towards each other.  
Hold for a moment, relax and repeat.

1 Set / 10 Reps / 5 s hold

**10. Scapular retraction stabilization, prone-L, lifting arms, palms neutral**

Lie on your front with your forehead rested on a small towel.  
Keeping them straight, move your arms out to your sides then bend each elbow to a right angle.  
Your arms should each make an "L" shape.  
Your palms should face in towards one another.  
Keeping your chest and head in contact with the floor throughout, squeeze your shoulder blades together, and then lift your arms off the floor.  
Hold this position.  
Relax and repeat.

1 Set / 10 Reps / 5 s hold

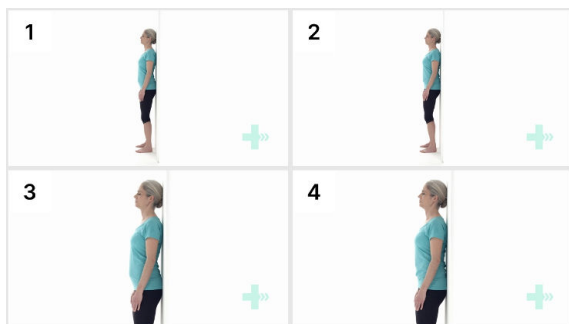
**11. Scapular protraction/retraction strengthening, with beach arms in/out, sitting**

Sit up straight in a chair and lift your hands to touch the side of your head, just behind your ears.  
Point your elbows forwards.  
Keeping your posture directly upright, move your elbows out to the sides.  
Return to the front and continue to move your elbows in and out.  
You should feel the movement in your upper back.

1 Set / 5 Reps / 10 s hold

**12. Pectoralis stretch, into corner, standing**

Stand up straight facing into the corner of a room.  
Bend both elbows and place your forearms on each wall, palms facing forwards.  
Step forwards onto one leg and take your weight in the same direction, directly into the wall.  
Make sure you shift your hips and body forwards.  
You should feel a stretch across the front of your chest.  
Hold this position.  
The height you place your arms at will alter the area you feel the stretch.

**13. Posture, practice neutral standing, against wall - chin tuck**

Stand up straight, leaning your back against a wall with your feet shoulder width apart.

Tighten your buttock and abdominal muscles, flattening your lower back against the wall.

Pull your shoulder blades back and down.

Keep looking straight ahead whilst you tuck in your chin, bringing the back of your neck towards the wall.

Hold this position and then relax.

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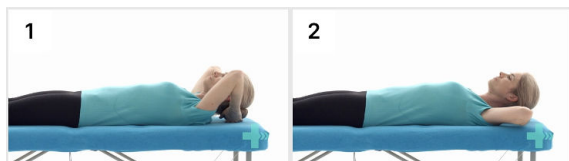
**14. Pectoralis stretch, hands interlaced behind head, supine**

Lie on your back and place both hands behind your head.

Push your elbows back into the bed whilst trying to avoid pulling forward on your neck.

You should feel a stretch across your chest.

Hold this stretch as far as is comfortable, avoiding pain.



1 Set / 5 Reps / 10 s hold

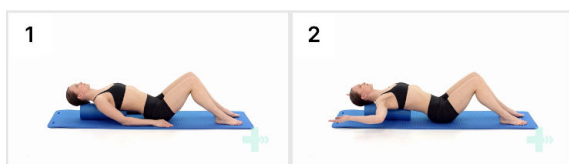
**15. Thoracic extension/pectoralis stretch, over roller, arms 90/90, supine**

Place a foam roll on the floor.

Lie back with the foam roll running directly down the centre of your spine.

Reach your arms out to the sides, and bend your elbows to 90 degrees.

Relax your forearms back towards the floor behind you, and hold this position in a stretch.



1 Set / 5 Reps / 10 s hold

**16. Thoracic extension stretch, over roller, hands behind neck, supine**

Lie on your back with a foam roller over the affected area of your upper back.

Place your hands over your shoulders to support your neck.

Exhale and allow your upper back to stretch over the foam roller.

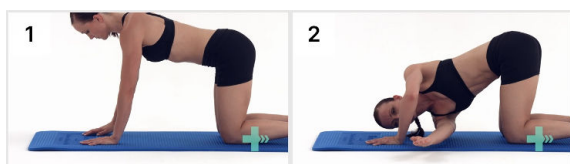
Continue this movement rhythmically, changing the level at which the foam roller lies if you need to.



**17. Thoracic extension stretch, over back of sturdy chair, hands behind head; 01**

Start in a seated position, with your feet on the floor.  
Place a rolled up towel between the backrest and your upper spine.  
Place your hands on your neck and interlace your fingers.  
Point your elbows to the front.  
From this position, lean backwards over the towel.  
Hold this position for the required time.  
After this, you can move the towel upwards or downwards.

1 Set / 5 Reps / 10 s hold

**18. "Thread the needle" Upper trunk rotation/scapular mobility**

Start lying on your front.  
Bring yourself up onto your hands and knees.  
Your hands should be under your shoulders and your hips over your knees.  
Take one hand off the floor and reach in and through between your other hand and leg on that side.  
Allow your shoulder and head to follow, moving down towards the floor as your hand reaches through.  
Allow your back to twist.  
You should feel a stretch down your side, your shoulder blade and neck.  
Hold and then relax and repeat.

1 Set / 5 Reps / 5 s hold

**19. Cervical rotation strengthening isometric, sitting**

Sit upright in a chair.  
Place your hand against the side of your head.  
Attempt to turn your head towards this side, but resist the movement with your hand.  
Relax and then repeat.

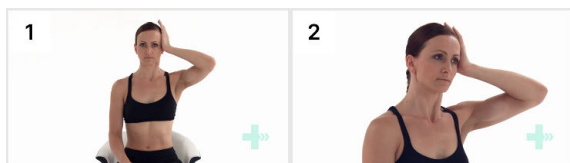
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**20. Cervical flexion strengthening isometric, sitting**

Sit upright in a chair.  
Place one hand on your forehead.  
Apply pressure to the front of your forehead and then resist this pressure with your head.  
Relax and then repeat.

**21. Cervical side bending strengthening isometric, sitting**

Sit upright in a chair.  
Place one hand against the side of your head.  
Apply pressure and resist this pressure with the strength of your neck.  
Relax and then repeat.



1 Set / 5 Reps / 5 s hold

**22. Cervical extension strengthening isometric, sitting**

Sit upright in a chair.  
Place one hand on the back of your head.  
Apply pressure.  
Resist this pressure with the strength of your neck.  
Relax and then repeat.



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**23. Cervical flexion/deep neck flexors strengthening with controlled breathing, sitting on stability ball**

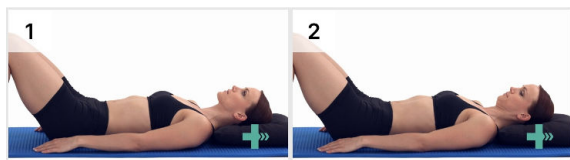
Sit on a ball in a neutral position with your stabiliser muscles activated.  
Gently nod your chin as though rotating around that pivot point going through your ears without tensing your side neck muscles.  
Visualise using the deeper muscles that sit behind your throat whilst keeping relaxed.  
Hold this position for the required duration while continuing to breathe in a controlled manner by expanding and contracting your lower rib cage.  
This is subtle exercise and takes practice to perform without activity of the side neck muscles.  
These deep neck muscles are important to retrain to help headaches and neck issues from office or computer work.



1 Set / 5 Reps / 5 s hold

**24. Cervical flexion/deep neck flexors activation - imagine lifting head, supine**

Lie on your back with your knees bent and your feet flat on the floor.  
Place a pillow or towel under your head and look up towards the ceiling.  
Visualise a pivot point going through your ears.  
Gently nod your chin as though rotating around that pivot point without tensing your side neck muscles.  
Visualise using the deeper muscles that sit behind your throat whilst remaining relaxed.  
Think about lifting your head from the pillow but don't actually lift your entire head off the pillow.  
Hold for the advised time period and then relax.  
Try to contract your lower stomach and pelvic floor muscles at the same time but continue to breathe in a controlled manner by expanding your lower ribcage.



**25. "Suboccipital release" Suboccipital self mobilization, with ball, supine**

Place two tennis balls side by side in a sock.

The sock provides padding.

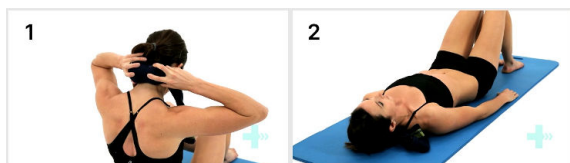
Lie back, placing the tennis balls just below the base of your skull.

The tennis balls will apply pressure directly into the suboccipital muscles of the neck.

These are the headache muscles.

It's important to use tennis balls and not a hard ball, such as a golf ball.

Hold the position on a tender spot.



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**26. Rhomboids massage with trigger point release (ball), standing**

Stand up straight with your back to a wall.

Place a tennis ball against the wall and lean your upper back onto the ball.

The ball should be between your spine and your shoulder blade on the side you would like to work.

Bring this arm across your chest in front of you, using your other arm to facilitate this movement.

Roll the ball around the area.

If you feel a particularly tender spot, hold this position leaning back onto the ball to place some pressure on the area until it releases.



1 Set / 5 Reps / 10 s hold

**27. Pectoralis trigger point release (spiky ball), standing**

Stand up straight with the hand of your affected arm flat against a wall.

Position your body towards the wall and place a spiky ball between your chest, close to your breast bone, and the wall.

Keeping some pressure on the ball, slowly move your body away from your hand. Your elbow will straighten, and the ball will move towards your shoulder.

Return to the starting position at the same pace and repeat.

If you feel any particularly tender spots, hold this position, keeping the pressure on the area.

