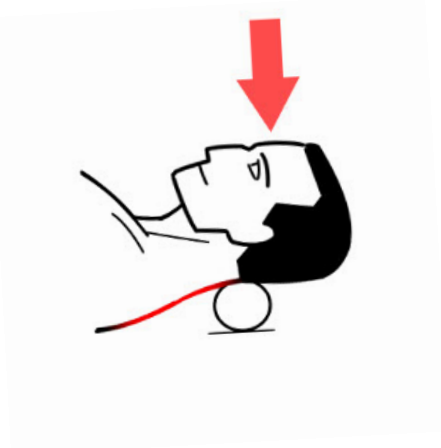


NECK PAIN EXERCISES



Soft Tissue Mobilisation: Place 2 tennis balls in a sock and tie it to make a mobility peanut. Place the mobility peanut on the top of your neck and base of the skull. You can keep the balls in position with your hands so they don't slide out of position. Tuck your chin in (make a double chin) rolling the base of your skull over the tennis balls. 10-15 reps.



Levator Scapulae Stretch: Sit up straight on a chair, reach behind your back with your left hand until you feel a light pull in your left shoulder. Rotate your head 45 degrees to the right. Place your right hand behind your head and gently pull it at an angle toward your knee. Hold for 30 - 45 seconds. Repeat on the other side.



Upper Trapezius Stretch: Sit up straight in a chair, reach behind your back with your right hand until you feel a light pull in your right shoulder. Take your left hand over your head and gently pull your head towards the left side until you feel a stretch. Hold for 30 - 45 seconds. Repeat on the other side.



Shoulder Shrug Exercise: Begin by standing up straight with your hands by your side. Lift your shoulders as high as you can, pull your shoulders as far back as you can and then lower them back down. Repeat. You can use weights. 3 sets of 6-10 reps.