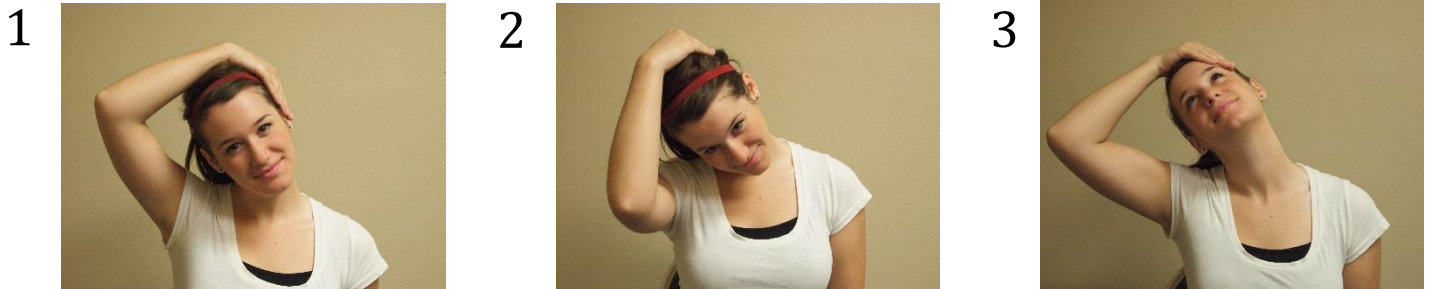




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## Rehabilitative Exercises | Cervical Stretches

### C1 Cervical Stretches



- 1- **Trapezius Stretch**- Put one hand under buttock to hold shoulder down on the side you want to stretch. With opposite hand, contact head and stretch away from shoulder.
- 2- **Levator Scapulae**- With hand under buttock, put opposite hand on back (corner) of your head and stretch away from your shoulder and forward.
- 3- **Scalenes**- With hand under buttock, use opposite hand to contact front (corner) of head and stretch away from the should and back.
- 4- Hold each stretch for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times a day.