

Head/Neck



Ear to Shoulder:

- Gently bring ear towards shoulder in lateral plane.
 - Do not lift shoulder up to meet the ear, but slowly tilt ear toward the shoulder.
 - Hold for 30 seconds to 1 minute. Repeat on the opposite side, 3-4 sets each side.
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You can also passively stretch the neck by using your hand for traction on the head.