

Cervical Mobility



22. Trap Stretch

- Keeping your shoulders relaxed, flex your head to one side and lightly apply pressure to create a stretch to the traps.
- Hold for 30 seconds and repeat on the second side



23. Levator Scap Stretch

- Assume the same position as the trap stretch but this time add a slight forward flexion position.
- You should be stretching in a diagonal plane and feel the stretch in a lateral/posterior area of the neck
- Hold for 30seconds and repeat on the second side