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 30 seconds and repeat on the second side