

UPSWING HEALTH

Cervical Strain

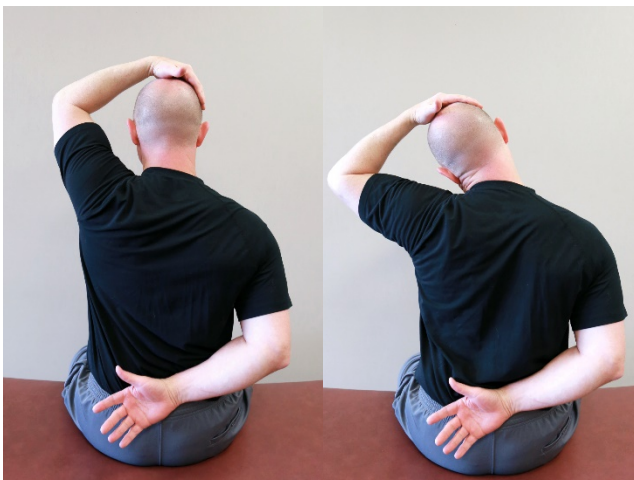
Head Retraction

Sit up straight in a chair with proper back support. Slowly move your head straight back and tuck in your chin. Make sure not to tilt your head up or down. Perform these exercises hourly as needed to centralize the pain, 10-20 repetitions.



Upper Trap Stretch

Sit or stand upright. Place your hand behind your back to lower your shoulder. Tilt your head to the opposite side while tucking in your chin and looking at your toes. Place your other hand on your head and gently pull down until a stretch is felt on top of the shoulder. Maintain the stretch and relax. Repeat on the opposite side.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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Corner Stretch

Stand in a corner with your arms up at shoulder level, your forearms and elbows touching the wall, and with one leg in front of the other. Lean forward until you feel a stretch across your chest. Maintain the stretch and relax.

