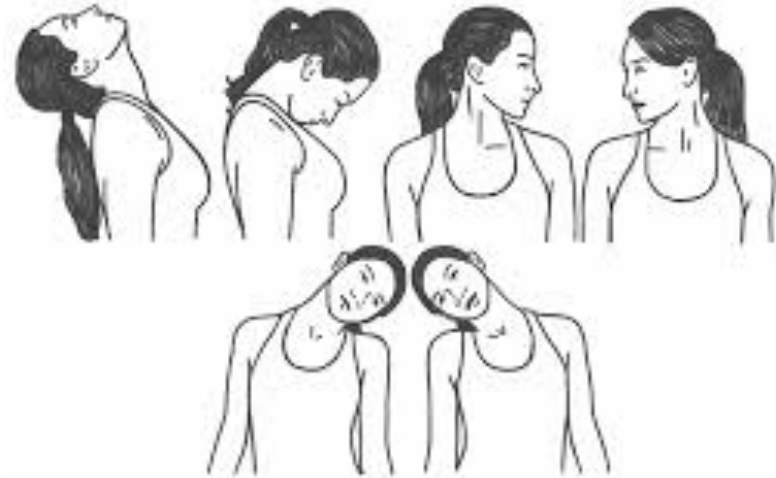


NECK STRETCHES



Side Bending with Rotation- Levator Scapula & Trap Stretch



Backward: Platysma, Anterior Scalenes, Hyoid Muscles Stretch

Forward: (Chin Tuck) Splenii, Traps, Capitis Muscles Stretch

Rotation:

Side Bending- Stretches Traps, Scalenes,

