



SUMMARY

#1) Lower Towel Traction

Hold for 5-10 seconds, 3 Reps/Sets

#2) Prone Head/Neck Lift

3 Sets of 10 Repetitions

#3) Trapezius Stretch

Hold for 15-30 seconds, 3 Reps/Sets, Each Side

#4) Bow & Arrow

Hold 5-10 Seconds, 3-5 Sets, Each Side

