



### a. Neck Extension Stretch

[Video Link Standing](#)

[Video Link Seated](#)

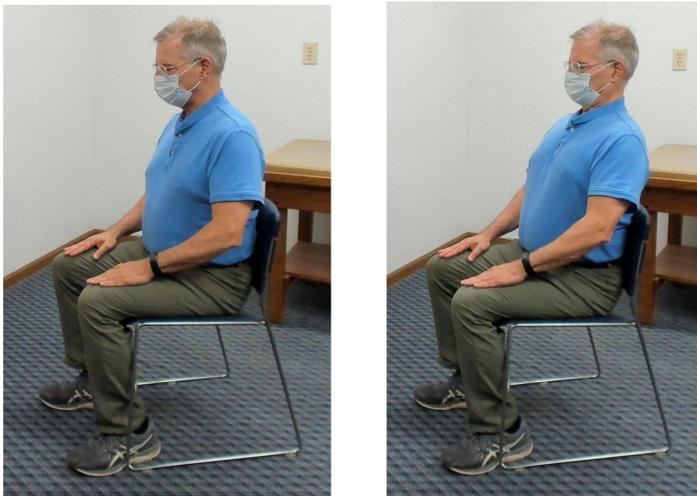
Begin in an upright seated position. Cross your hands and place them on your chest just below your neck. Slowly bend your head backward, and at the same time apply gentle downward pressure with your hands, until you feel a stretch in the front of your neck and hold. Make sure to keep your movements gentle and do not move through pain.



### b. Active Cervical Retraction Seated

[Video Link](#)

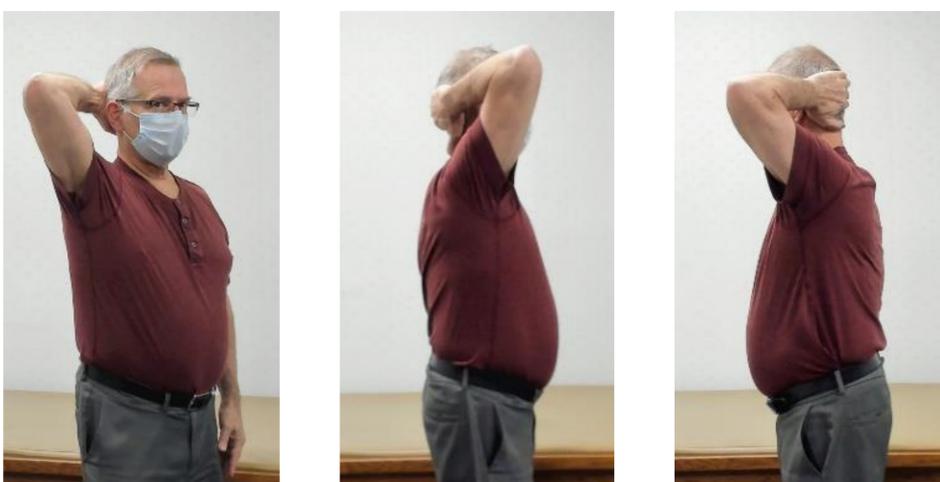
Begin in a supported sitting posture with your hands on your thighs. Slowly glide your head backwards without tilting your head and hold this position as you keep your shoulders relaxed and look straight ahead. Relax and repeat.



### c. Neck Isometric Extension

[Video Link Standing](#)

Begin in a standing upright position with your feet shoulder width apart. Gently tuck your chin. Place your hand on the back of your head and gently apply pressure, using your neck muscles to keep your head steady. Do not let your head tilt or rotate during the exercise.





### d. Thoracic Mobilization on Fitness Ball

[Video Link](#)

Lie on your back with a small fitness ball positioned under the upper back, and arms crossed in front of your body. Bend your knees so your feet are resting flat on the floor. Slowly roll back and forth over the fitness ball. Do not allow your lower back to arch during this exercise.



### e. Neck Isometric Sidebending Seated

[Video Link Seated](#)

Begin sitting upright in a chair with one hand resting on the side of your head. Try to bend your neck sideways, resisting the movement with your hand. Relax and repeat. There should be little to no movement during the exercise.



### f. Shoulder Shrug Circles Backward

[Video Link Standing](#)

Begin in a standing upright position with your arms resting at your sides. Slowly move your shoulders up, backward, down and forward. Continue the movements in a smooth, circular pattern. Make sure to keep your neck relaxed and head still.

