

## Head Tilt / Upper Trapezius Stretch (Flexibility)



1. Sit up straight in a chair with your head and neck in a neutral position, ears in line with shoulders. Hold the edge of your chair seat with your right hand. Tuck your chin in slightly.
2. Tilt your head to the left, while looking straight ahead.
3. Put your left hand on the right side of your head. Gently pull your head to the left. Hold for 30 to 60 seconds. Use gentle pressure to increase the stretch. Don't force your head into position.
4. Return your head and neck to the neutral position.
5. Repeat this exercise 2 to 3 times, or as instructed.
6. Switch sides and repeat 2 to 3 times, or as instructed.



© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.  
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.