

**3 Way Neck Stretch**

-With your left arm, hold onto a chair or sit on top of your hand -First, tilt your head towards your left shoulder, keeping your shoulder relaxed. For an extra stretch, you may place your left hand on top of your head. -Next, tilt your chin up and to the right. -Lastly, tilt your head down and to the left so that you are facing your left armpit.

**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 3 Times a Day

**SELF MASSAGE BALL - SUBOCCIPITALS AND UPPER TRAP**

Rest your head down and use a massage ball to gently massage the small muscles and tendons at the back of the head and side of the neck.

Do not roll over bony areas.

Video # VVD7BCNVQ

**Duration** 30 Seconds  
**Perform** 1 Times a Day

**SELF MASSAGE DOUBLE BALL (PEANUT) - SUBOCCIPITALS**

Lie on your back.

Place a rolled up towel under the curve of your neck. Then place a double lacrosse ball or 2 tennis/racquetballs taped up together at the base of your skull.

Next, move your head in small movements. You can nod up and down, rotate side-to-side or perform small circles.

Video # VVTGAGUZZ

**Duration** 30 Seconds  
**Perform** 1 Times a Day





### CT PEANUT - DOUBLE BALL - SELF MOBILIZATION CT JUNCTION

**Duration** 30 Seconds  
**Perform** 1 Times a Day



Lie on your back with knees bent.

Place a double lacrosse ball or 2 tennis/racquetballs taped up together at the CT junction of your spine (where the neck meets the upper back).

Move the ball to tight areas and hold.

Video # VVU5PMTGJ



### CT PEANUT ARMS - DOUBLE BALL - SELF MOBILIZATION CT JUNCTION

**Repeat** 1 Time  
**Perform** 1 Times a Day



Lie on your back.

Place a double lacrosse ball or 2 tennis/racquetballs taped up together at the CT junction of your spine (where the neck meets the upper back). Not over any bony areas.

Then, move your arms up and down, side-to-side.

Video # VVUWJXMJM



### CT PEANUT BRIDGE - DOUBLE BALL - SELF MOBILIZATION CT JUNCTION

**Repeat** 1 Time  
**Complete** 1 Set  
**Perform** 1 Times a Day



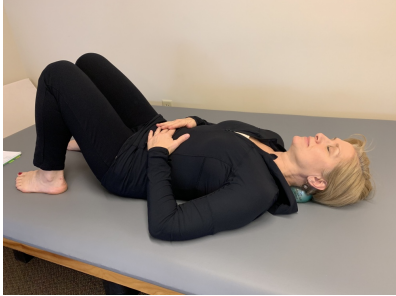
Lie on your back with knees bent.

Place a double lacrosse ball or 2 tennis/racquetballs taped up together at the CT junction of your spine (where the neck meets the upper back). Not over any bony areas.

Then, bridge up as you lift your buttocks off the ground and hold. While holding this, move your arms up and down, side-to-side.

Lower your buttocks back down, relax and repeat.

Video # VV9DE3799



### **Myofascial Release with Ball at neck**

Place Small 4-5 inch ball under neck where comfortable, allowing the head to relax over the ball. Rest here for 2-5 min, assisting relaxation with deep breathing \*It helps to keep the ball near your bed and use at night to relax the neck muscles before sleep.

**Repeat** 1 Time  
**Hold** 2 Minutes  
**Complete** 1 Set  
**Perform** 1 Times a Day



### **Myofascial release with ball at neck: rotation**

With ball under neck in comfortable position, gently roll your head to one side, letting you neck relax and the ball press into the muscles at the sides of the neck. Breathe /relax/ hold 10-20 sec, Repeat other side

**Repeat** 1 Time  
**Hold** 20 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day