

***Downtown Chiropractic***

**Dr. Travis R. Oller**

117 SW Seventh St.

Topeka, KS 66603

(785)233-2300

**Neck Stretches**

**Upper Trapezius Stretch**

Start by sitting or standing up straight. Tilt your head to one side and, using your arm on that side, gently pull your head down towards your shoulder. Hold the stretch for 20 seconds, and then repeat on other side. Perform this stretch 2 times in the morning and two times at night.



**Levator Scapula Stretch**

Start by sitting or standing up straight. Turn your head to one side and try to touch your chin to your shoulder. Using your arm on the side you are looking at, gently pull your head down and away. Hold the stretch for 20 seconds, and then repeat on other side. Perform this stretch 2 times in the morning and two times at night.



**Upper Thoracic Stretch**

Sitting on a sturdy chair, grab the bottom of the chair between your legs with one arm. Lean back and away from the side you are holding the chair with. Hold the stretch for 20 seconds, and then repeat on other side. Perform this stretch 2 times in the morning and two times at night.