

1. Upper trapezius stretch

3 Sets / 5 Reps / 15 s hold



Start in a seated position.

Place the hand on the symptomatic side under your chair.

Take your other hand and place it on your head.

Tilt your ear directly down towards your shoulder and hold this position.

You should feel a stretch down the side of your neck.

2. Scalene stretch

3 Sets / 5 Reps / 15 s hold



Sit up straight in a chair.

Place the arm on the side you would like to stretch behind your lower back.

Sitting up tall, tilt your head away from this side.

Then, tilt your head back a little.

You should feel a stretch down the front side of your neck.

3. Rhomboid stretch using door frame (high hold)

3 Sets / 5 Reps / 15 s hold



Stand up straight with the side you would like to stretch sideways to a door. Reach the arm closest to the door forwards and grasp the door frame around eye level.

Your arm should rotate inwards so that your thumb points down.

Keeping your arm straight, step your body round to face the door.

Do not allow your shoulder to hunch or your body to lean.

You should feel a stretch across your upper back and perhaps the back of your arm.

Hold this position, using your breathing to relax into the stretch.