

5 Quick Exercises to Ease Neck Pain

- 1. Shoulder Shrugs**
- 2. Shoulder Squeezes**
- 3. Upper Trapezius Stretch**
- 4. Levator Scapulae Stretch**
- 5. Corner Stretch**



Shoulder Shrugs

Shrug your shoulders up to your ears

Shoulder Squeezes

Squeeze your shoulder blades together

Upper Trap Stretch

Pull your head down to your shoulder

Levator Scap Stretch

Look under your arm and pull the back of your head down

Corner Stretch

Place your hands & elbows on either side of the corner and lean in with your nose

Hold 1 & 2 for 3 seconds, 10 reps

Hold 3, 4 & 5 for 30 seconds, do 3 reps