

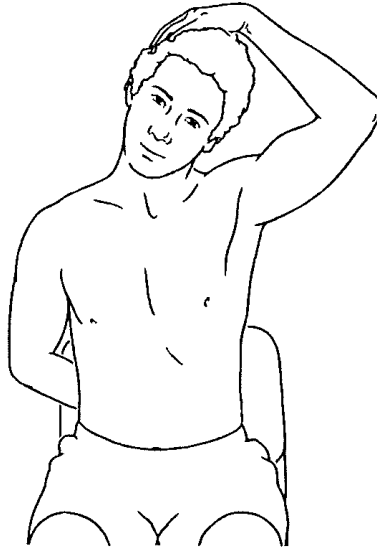


CHOY
CHIROPRACTIC

UPPER TRAPEZIUS:

Gently grasp Right/Left side of head while reaching behind the back with the other hand. Tilt head away until a gentle stretch is felt. Note that the main difference between the stretch below is that the head is not rotated. Hold 15-30 seconds. Repeat opposite side.

Repeat set 2 times per day.



LEVATOR SCAPULAE:

Tip the head down and to the side. Place opposite hand behind back, use hand of same side to maximize stretch. Hold 15-30 seconds. Repeat opposite side.

Repeat set 2 times per day.



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