Meyer
PHYSIOTHERAPY

EXERCISES

ISOMETRIC SIDE

Place your fingers on the side of your head and gently push your head evenly against the resistance, without any movement occuring. Do this for the Left and Right side of your head,

Repeat	10 Times
Hold	5 Seconds
Complete	1 Set
Perform	3 Times a Day

ISOMETRIC BACK AND FRONT

Place your fingers on the back of your head and gently push your head evenly against the resistance, without any movement occuring. Do this for the Front and Back of your head,

Repeat	10 Times
Hold	5 Seconds
Complete	1 Set
Perform	3 Times a Day

UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm.

Video # VVUDY3AES

Repeat	1 Time
Hold	30 Seconds
Complete	1 Set
Perform	3 Times a Day

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LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side.

You should be looking towards your opposite pocket of the target side.

Video # VV3UM5RU6

Repeat	1 Time
Hold	30 Seconds
Complete	1 Set
Perform	3 Times a Day

CERVICAL RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Video # VVR7W4UZ2

Repeat	10 Times
Hold	1 Second
Complete	1 Set
Perform	3 Times a Day

RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND

Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.

Video # VVMVPQX76

Repeat	1 Time
Hold	30 Seconds
Complete	1 Set
Perform	3 Times a Day

UPPER TRUNK ROTATIONS - UTR

While sitting in a chair, cross your arms over your chest and then rotate your upper body side-to-side.

Video # VVJKT38VT

Repeat	10 Times
Hold	1 Second
Complete	1 Set
Perform	3 Times a Day