

## Seated Cervical Sidebending Stretch

<b>SETS: 1</b>	<b>REPS: 2</b>	<b>HOLD: 15 SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



To be done AFTER self-massage of upper trap and neck muscles!

### Setup

Begin sitting in an upright position.

### Movement

Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

### Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.