

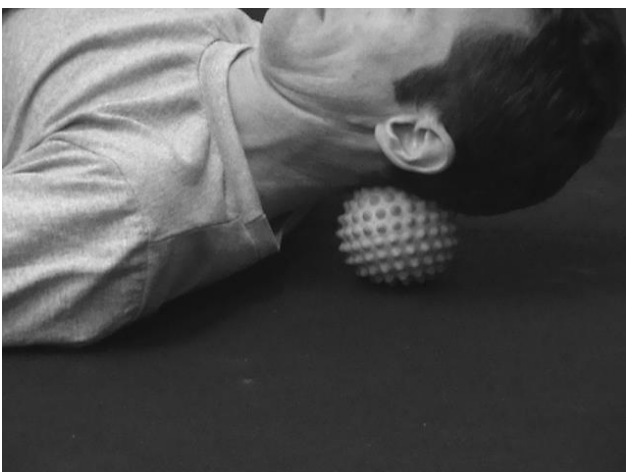
Active Neck Stretches/Trigger Point for the Neck (Trapezius, Scales and Suboccipitals)



1. Place a broom handle on the trapezius/scalenes using the opposite arm to locate trigger point. Make sure the arm on the same side of the sore muscle is next to your side.



2. Turn your head away from the trapezius slowly so that you feel a stretch where the broom handle is placed. Hold for 5 secs and return to position 1. Repeat up to 10 times.



- Place the trigger point ball underneath the base of the skull so that you can feel the spot the chiropractor was pressing on. Aim to create a double chin and hold for 30-60 secs. Repeat multiple times if necessary.