

Neck stretches (hold each for 15-20 counts)

- Left ear to left shoulder (L hand on R side of head to deepen stretch)
- Right ear to right shoulder (R hand on L side of head to deepen stretch)
- Tilt head down to look into R armpit (hand on head to deepen stretch)
- Tilt head down to look into L armpit (hand on head to deepen stretch)
- Chin to chest (hands on back of head to deepen stretch)
- Chin up (look to ceiling) with mouth closed, open your mouth (let your head fall back slightly more), close your mouth (raise your lower jaw) while still in this further back head position
 - o You can massage the front of your neck, around your voicebox and under your chin while in this position, or when your head is in neutral position

Jaw stretches

- Drop jaw open in a relaxed way (hands on side of face to support)
- Massage jaw muscles (bottom of jaw all the way up into your temples)

Chest stretches

- Behind your back, clasp your hands together. Feel the front of your shoulders pulling back and your chest opening. If you can, lift your clasped hands a little toward the ceiling.
- Standing very close to a wall (facing toward the wall), stretch your arm up and place your hand on the wall in the “12 o’clock” position. Slowly slide your hand along the wall from the 12 o’clock to the 9 o’clock position (or stop sooner than that if the stretch feels deep enough already). To deepen the stretch, keep your hand/arm against the wall in that position but gently turn your body to the right (rotating a bit away from the arm on the wall). Hold this stretch. To release the stretch, first turn your body back to face the wall, then release the arm.
 - o Repeat this stretch with the right arm, sliding the arm from the 12 o’clock to the 3 o’clock position (or sooner)