

BodyRelax

- giv din krop en chance...

Levator Scapulae



Description :

To stretch the right levator scapulae, put your right hand behind your back as if you're getting handcuffed, then look down toward your left foot while pulling your head in that same direction with the left hand. You'll feel a stretch along the right side of the back of your neck

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Sit on chair. Grasp seat of chair with right hand.
Place left hand on head and gently pull forward and to the opposite side at the same time, until a stretch is felt.
Hold for 10-15 seconds.
Repeat for other side.
Repeat cycle three times, at least three times daily.