

Lev Scap Stretch



Place your hand behind you on your back on the side you're stretching and turn your head towards this same side.

From here, use the opposite hand to pull your head forwards & down. Your head should be at around 45 degrees. Hold this position for 30 seconds – 3 minutes.

This stretch should be felt from the top of your neck, down to the top corner of your shoulder blade.

Be sure to repeat stretch on both sides. For maximum benefit, complete 3 reps of this exercise, both morning and night.