

## Easy Stretch for Levator Scapulae Pain

Stiff or sore neck muscles can come from strain.

The muscle that connects to the skull and shoulder blade and runs down the side of the neck, the levator scapulae muscle, is the common one that is the cause. By paying attention to keeping these muscles flexible makes them resilient to becoming stiff and painful.

### Guide to Levator Scapulae Stretch

These stretches can be performed while seated:

Preferably use a dining chair. Sit with a straight back with both arms at the sides.



Keeping everything else still, rotate the head to the right, halfway toward the shoulder, about 45 degrees.

Tilt the chin downward until a good stretch is felt on the back left side of the neck.



To increase the stretch further, the left hand can be brought up to the back of the head to gently pull down a little more.

Hold for a count of 10 to 20, or as tolerated.

Return to the centre, rest for a count of 10, repeat 5 times.

Continue on other side.