



Robyn Dey RMT
Massage Therapy

Levator Scapulae Stretch - Seated

Instructions to stretch **right** levator scapulae muscle:

1. Always warm your muscles before exercising.
2. In a seated position, place your right hand as far behind you as possible and use it to hold onto the bottom of the chair to keep your right shoulder down **AND**
3. Move your left ear toward your left shoulder until you feel a stretch on the right side of your neck **AND**
4. Look down toward your left arm pit **AND** bend your neck slightly forward until a slight pull is felt at the back right side of your neck (in the levator scapulae muscle) **AND**
5. Place your left hand on your head to gently pull your head forward in a diagonal direction to the right levator scapulae muscle (left and forward about 45 degrees).
6. Breathe out as you increase the stretch.





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Levator Scapulae Stretch - Standing

Instructions to stretch **right** levator scapulae muscle:

1. Always warm your muscles before exercising.
2. In a standing position beside a wall move your left ear toward your left shoulder **AND** look down toward your left arm pit until you feel a stretch on the back right side of your neck (in the levator scapulae muscle) **AND**
3. Bend your right elbow bracing it against the wall **AND**
4. Place your left hand on your forehead to support your head **AND**
5. Slide your right elbow up the wall as you breathe in. Hold this position as you breathe out.

