

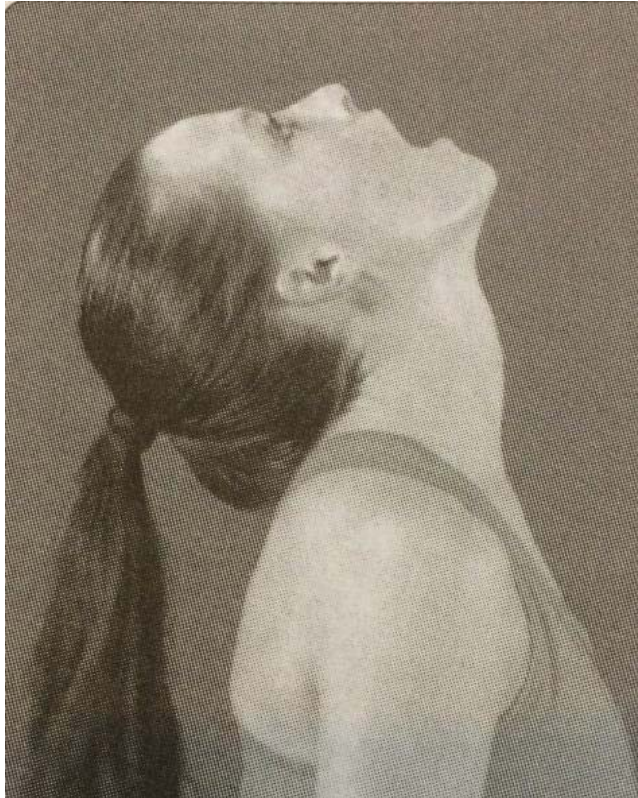


**Robyn Dey RMT**  
Massage Therapy

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## Longus Capitis & Longus Coli Stretch

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- Open your jaw and look up as you move your head backwards. You should feel the stretch on the front of your neck.
- Breathe out as you increase the stretch.