Purpose:
Relax your upper traps to decrease pain, stiffness/tightness in the neck and shoulder area.

Feel It:
In your upper traps and neck.

Description:
Drop your head forward, and then bend your head away, and turn your head toward the side of neck you are stretching. Optional: rest the weight of your hand on the top of your head (avoid pulling on your head). With the eyes only, look up on an inhale and hold for several seconds, then look down on the exhale and relax.

Reps:
1 for self-stretch (20-60 seconds) or 3-4 for PIR