



**Masula Chiropractic**  
 30 Philadelphia Drive # A  
 Chico, CA 95973  
 530-342-6441

Client :  
 Client ID :  
 Date : Friday, March 6, 2026



**Chin Tuck / Retraction**

Sitting tall, slightly tuck chin down into neck.  
 Keeping chin down, slide head backwards on neck as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Traps Self Traction**

Sitting tall, grasp back edge of a chair with hand of side to be stretched.  
 Turn head toward that same side and lean head and body away to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Levator Standing**

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side.  
 Turn head away from side being stretched and let head hang forward to feel a stretch in the side and back of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Levator Stretch**

Relax arm of the side to be stretched up behind head.  
 Use opposite hand to gently direct head forward and to the side to feel a stretch in the back and side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Traps Standing**

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side.  
 Turn head toward the side to be stretched and tilt head away (ear to shoulder) to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Neck Flexion**

In a bridge position with head extended slightly but supported on ball.  
 Chin tuck and raise head off ball and hold level with body.  
 Hold, lower with control, relax, and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

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**Pectorals Wall**

Stand level with a doorway or wall and raise one arm as if to wave.  
 Place forearm along door jam placing elbow approximately at shoulder height.  
 Step one foot forward (keeping feet shoulder width apart), bend front knee.  
 Gently lean chest straight forward to feel a stretch in the front of the chest.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Pectorals Corner / Doorway**

Facing corner or standing through a doorway.  
 Place forearms on each wall at shoulder height.  
 Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Shoulder Circles**

Sitting tall, shrug shoulders up, roll them backwards, down and then forwards.  
 Keep shoulders relaxed and repeat in opposite direction (clockwise/counterclockwise).

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31