

AIRROSTI®

TENSION HEADACHES



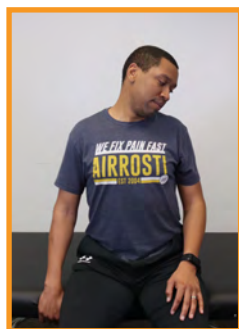
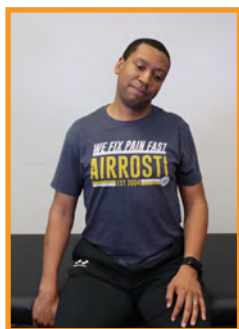
SEATED NECK RETRACTIONS

- Start seated in a neutral position with your shoulders relaxed.
- Continue to look forward and slowly pull your head directly back, as if pressing against a wall.
- DO NOT let your chin move up or down while sliding back.
- Hold for 2 seconds during each repetition. Do 2 sets of 10 repetitions.



SCM, SCALENE, TRAP STRETCH

- Secure your shoulder down by grabbing a band or move your hand under a chair, tilting neck to opposite shoulder.
- Slightly tuck your chin and drop your ear to your shoulder. Hold for 10 seconds.
- From this position, gently rotate your chin up towards the ceiling. You should feel a stretch in the front side of your neck.
- Hold 10 seconds and then slowly move your nose towards your armpit. Repeat 1-3 times on each side.



SHOULDER BLADE POSTURE SETTING

- Stand or sit with your arms resting comfortably at your sides.
- Straighten your back.
- Pull your shoulder blades together slightly while simultaneously pulling your shoulder blades down.
- Do 2 sets of 10 repetitions.



Always consult with your doctor before starting any exercise program. Stop immediately if you experience any pain, tingling, or difficulties performing these exercises.

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HEADACHE TRACKER

DATE	TIME	LOCATION <small>CIRCLE IMPACTED AREA</small>	ACTIVITY <small>LEADING UP TO YOUR PAIN</small>	SEVERITY <small>ON A SCALE OF 1-10</small>	DURATION	LAST MEAL <small>TIME + FOOD EATEN</small>	WHAT HELPED <small>RELIEVE THE HEADACHE?</small>
				1 2 3 4 5 6 7 8 9 10			
				1 2 3 4 5 6 7 8 9 10			
				1 2 3 4 5 6 7 8 9 10			
				1 2 3 4 5 6 7 8 9 10			
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				1 2 3 4 5 6 7 8 9 10			
				1 2 3 4 5 6 7 8 9 10			

DISCLAIMER: The above headache tracker is not intended to establish a diagnosis or recommend treatment for headaches. Use of the form may aid you and your doctor in identifying factors that may contribute to your headaches. Please consult a doctor before attempting any treatment or intervention for headache.