



Neck Stretches

Created by Elements of Bodywork Mar 19th, 2020

View at my-exercise-code.com using code: C7A9NV3

Total 7 Page 1 of 3

SUBOCCIPITAL STRETCH - 2 FINGERS

Gently draw your chin downward towards your chest as your fingers assist in adding a stretch to the back of your head.



Repeat 2 Times
Complete 1 Set

Hold 20 Seconds
Perform 1 Times a Day

CERVICAL SIDE BEND

Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep you eyes and nose pointed straight ahead the entire time.)



Repeat 1 Time
Complete 2 Sets

Hold 20 Seconds
Perform 1 Times a Day

DEEP ANTERIOR NECK FLEXOR & SCM STRETCH - HANDS ON CHEST

Place your hands overlapping on your breast bone. Next, tilt you head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.



Repeat 1 Time
Complete 2 Sets

Hold 20 Seconds
Perform 1 Times a Day

CERVICAL ROTATION

Turn your head towards the side, then return back to looking straight ahead.



Repeat 1 Time
Complete 2 Sets

Hold 20 Seconds
Perform 1 Times a Day

ROTATIONAL STRETCH WITH OVER PRESSURE

Turn your head to one side as far as you can and then use your same-side-hand to assist in turning the head further for a gentle stretch.



Repeat 1 Time
Complete 2 Sets

Hold 20 Seconds
Perform 1 Times a Day

UPPER TRAP & SCALENE STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm.



Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day



LEVATOR SCAPULAE & SCALENE STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side.

You should be looking towards your opposite pocket of the target side.

Repeat 1 Time

Complete 2 Sets

Hold 30 Seconds

Perform 1 Times a Day