

Neck Stretching Exercises



ROTATE YOUR HEAD TOWARD YOUR SHOULDER THEN DROP YOUR HEAD BACKWARDS AS FAR AS IS COMFORTABLE.

Repeat:	3 times	Sets:	0
Hold Time:	20 seconds	Resistance/Time:	0
Sessions:	2x /day		



SITTING OR STANDING UP IN GOOD POSTURE SLOWLY ALLOW YOUR HEAD TO STRETCH DOWN TOWARD YOUR CHEST AS ILLUSTRATED.

Repeat:	3 times	Sets:	0
Hold Time:	20 seconds	Resistance/Time:	0
Sessions:	2 x/day		



DROP YOUR EAR TOWARD YOUR SHOULDER FEELING A STRETCH ON THE OPPOSITE SIDE OF YOUR NECK.

Repeat:	3 times	Sets:	0
Hold Time:	20 seconds	Resistance/Time:	0
Sessions:	2x /day		



ROTATE YOUR HEAD TO LOOK OVER YOUR SHOULDER. MOVE SLOWLY TO THE RIGHT AND THEN TO THE LEFT.

Repeat:	3 times	Sets:	0
Hold Time:	20 seconds	Resistance/Time:	0
Sessions:	2x /day		