

Stretching & Exercise Neck Stretching

CERVICAL SPINE 1:

Neck Flexion

Bend head forward, return to starting position.

Hold 30 seconds. Repeat 6 times. Do twice daily.



CERVICAL SPINE 2:

Neck Extension

Bend head backward and return to starting position.

Hold 30 seconds. Repeat 6 times. Do twice daily.



CERVICAL SPINE 3:

Neck Rotation



Turn head slowly to look over left shoulder then turn to look over right shoulder. Hold 30 seconds. Repeat 6 times. Do twice daily.

CERVICAL SPINE 4:

Neck Lateral Flexion



Tilt head toward shoulder, then slowly toward opposite shoulder. Hold 30 seconds. Repeat 6 times. Do twice daily.

CERVICAL SPINE 5:

Shoulder Shrugs

Shrug shoulders slowly in a circular motion. First backwards and then forwards

Repeat 6 times. Do twice daily.



CERVICAL SPINE 6:

Corner Stretch

Standing in corner with hands at shoulder level and feet in a comfortable distance from the corner until a comfortable stretch is felt across chest.

Hold 30 seconds. Repeat 6 times. Do twice daily.



CERVICAL SPINE 7:

Upper Trapezius Stretch



Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 30 seconds. Repeat 6 times both sides. Do twice daily.

CERVICAL SPINE 8:

Neck Stretch

Grasp arm above wrist and pull downward and across body while gently tilting head.

Hold 30 seconds. Repeat 6 times. Do twice daily.

