

Neck Stretches

Side Stretch

- Sit in straight back chair, preferably facing a mirror
- Hold one hand under the bottom of the chair
- Take a deep breath in and as you exhale slowly, 6 second count
- Lower your ear to your shoulder away from your holding hand
 - do not allow your head to turn, or your chin to drop
 - do not allow your shoulder to rise
- Continue to breathe regularly and hold the stretch for 10-15 seconds
- Gently raise your head back to center
- Repeat on opposite side
- Do this stretch 3 times on each side

Trapezius Stretch

- Sit in straight back chair, preferably facing a mirror
- Looking to a 45 degree angle (with looking straight ahead being 0 degrees and your shoulder being 90)
- Take a deep breath in and as you exhale slowly, 6 second count
- Let chin fall to collarbone
 - do not allow your head to turn
 - do not allow your shoulder to rise
- Continue to breathe regularly and hold the stretch for 10-15 seconds
- Gently raise your head back to center
- Repeat on opposite side
- Do this stretch 3 times on each side

Front Stretch

- Sit in straight back chair
- Tilt head gently to the side
- Lift chin, take a deep breath in and as you exhale slowly, 6 second count
- Gently lean back with head
 - do not allow your head to fall straight back
- Continue to breathe regularly and hold the stretch for 10-15 seconds
- Gently raise your head back to center
- Repeat on opposite side
- Do this stretch 3 times on each side

Rotational Stretch

- Sit in straight back chair, preferably facing a mirror
- Hold muscle under collarbone tightly
- Take a deep breath in and as you exhale slowly, 6 second count
- Turn head up and away from your holding hand
 - do not allow your shoulder to rise
- Continue to breathe regularly and hold the stretch for 10-15 seconds
- Gently return your head back to center
- Repeat on opposite side
- Do this stretch 3 times on each side