

Neck Stretches

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CERVICAL FLEXION

Tilt your head downwards, then return back to looking straight ahead.



CERVICAL EXTENSION

Tilt your head upwards, then return back to looking straight ahead.



CERVICAL ROTATION

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



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.

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)

UPPER TRAP STRETCH



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

LEVATOR SCAPULAE STRETCH



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

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