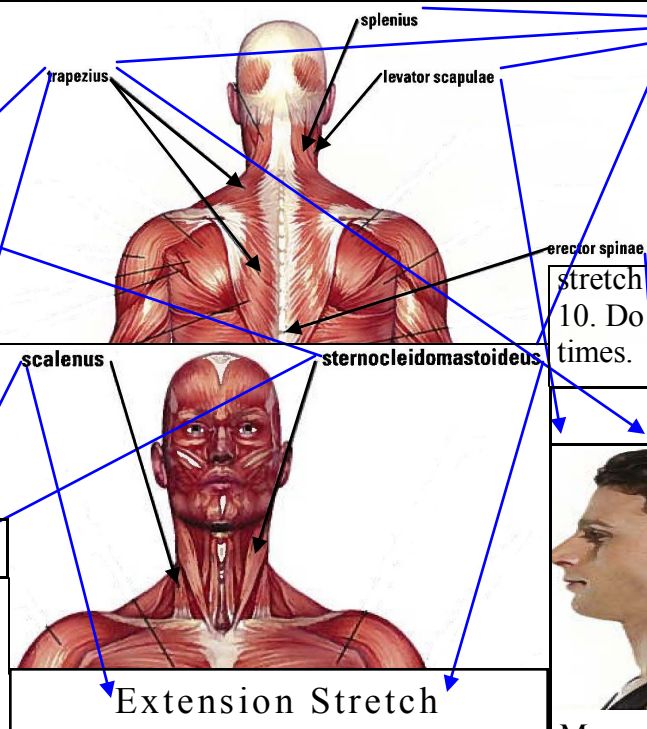


Does Your Neck Hurt?

Using the muscles to the right follow arrows from the muscle name to helpful exercises, then sit or stand and straighten shoulders, neck, and torso, then follow the instructions.



Rotation Stretch



Place your right palm against your forehead. Turn your head slowly to the right, moving gently until you feel a

stretch in the left side of your neck. Hold for 10. Do the same on the opposite side. Repeat 5 times.

Flexion Stretch

Place your hands behind your head. Slowly pull your chin toward your chest until you feel a stretch in the back of your neck. Hold for 10. and repeat 3 times.



Turtle Neck



Move your chin in as if you were a turtle going into its shell until you feel a stretch in the back of your neck. Hold for 10. Extend you head forward as if you were a turtle coming out of its shell. Hold for 15 and repeat 5 times.

Lateral Stretch

Tilt your head so that your right ear moves toward your right shoulder until you feel a stretch in the left side of your neck. Hold for 10 and repeat 3 times on each side.



Extension Stretch

Gently bend your head back so you are looking at the ceiling. Stop when you feel a stretch in the front of your neck. Hold for 10, and then repeat 3 times.



Becca Bunker

Source:
Healthy Back Anatomy
Philip Striano, DC