

Neck Stretches



UPPER TRAP STRETCH

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

You should feel a stretch down the side of your neck.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



LEVATOR SCAPULAE STRETCH

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

You should be looking towards your opposite armpit. The stretch should be felt down the side of the neck and into the shoulder blade region.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



DEEP ANTERIOR NECK FLEXOR STRETCH

Place your hands overlapping on your breast bone. Next, tilt you head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

Nottingham Family Wellness Centre

SUBOCCIPITAL STRETCH



Gently draw your chin downward towards your chest as your fingers assist in adding a stretch to the back of your head.

Use your fingers to apply pressure at the base of your skull. You should feel a stretch at the base of your head and down the back of your neck.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

RHOMBOID AND MIDDLE TRAP STRETCH



Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day