

Neck Stretches

Quick Stretching Tips

Move slowly into each position. You should feel a gentle pulling or lengthening sensation, not a sharp pain. Stretching should not exacerbate pain. Remember to breathe!

01

SCALENE STRETCH

Place your arm behind your back. Next, tilt your head to the side and then rotate your head upward. Hold for a stretch. Return to original position and then repeat. Tip your chin upward to intensify the stretch.



HOLD: 30 SECONDS

REPEAT 3-5 TIMES

DAILY

HOLD: 30 SECONDS

REPEAT 3-5 TIMES

DAILY



TRAP STRETCH

02

Sit in a chair and hold the seat with one hand. Place your other hand on your head to assist in bending your head to the side as shown.

Bend your head towards the opposite side of the hand that is holding the chair.

03

LEVATOR STRETCH

Grab the chair seat and then tilt your head to the opposite side, then rotate the head downward as if 'sniffing your armpit'

Use your other hand and apply over pressure by gentling pulling.



HOLD: 30 SECONDS

REPEAT 3-5 TIMES

DAILY

HOLD: 30 SECONDS

REPEAT 3-5 TIMES

DAILY



SCM STRETCH

04

Place both hands over your collarbone on the affected side. Pull down towards the floor gently with your hands. Raise your chin and lean your head sideways, away from hands, until a stretch is felt in the front/side of your neck.

05

SUBOCCIPITAL STRETCH

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



HOLD: 30 SECONDS

REPEAT 3-5 TIMES

DAILY