

Neck Stretching Exercises

THESE EXERCISES

The exercises below help to stretch some of the muscles around the neck. Having good flexibility will help balance the loads and strains on your neck joint. It is particularly important that there is good balance in the muscles around your neck, so that they are able to hold your neck vertebra and joints in good alignment.

You should always be guided by your physical therapist who may add or delete exercises or stretches for your specific injury phase and severity. Remember whilst stretching you should not be in pain, if you are, please stop and consult your physical therapist to make adjustments.

Neck Flattening

Lying flat, tuck your chin down to your chest reducing the gap between your neck and the floor. You will feel a gentle stretch at the top back of your neck. Hold this position, and then relax.



Video:

http://youtu.be/gk0_z3iQ6Qc

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Upper Cervical Rotation with Full Flexion

Sitting with good posture, tuck your chin to your chest (or as far as feels comfortable). Gently rotate your neck by no more than two inches each side. This will help improve your upper neck rotation. Perform both sides.



Video:

<http://youtu.be/07csKSRzjuw>

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Neck Side Flexion Overstretch

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder, using your hand to gently apply overpressure. Hold on to a chair to make the stretch stronger. You should feel the stretch to your neck on the same side you are holding on to the chair. Repeat to the right. This exercise will help improve mobility to your neck. Hold for 20 seconds. Perform both sides.



Video:

<http://youtu.be/tu9xdU2N9ao>

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Neck Rotation Stretch Standing

Stand up straight (you can rest your back against a wall if you wish) and place one arm up to 90 degrees. Rotate your neck to the opposite side. You should feel a stretch in the lower side of the neck on the same side you are lifting your arm. Hold for 20 seconds. Perform both sides.



Video:

http://youtu.be/ZgeO87_VFog

SETS

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Neck Side Flexion Overstretch

Ensuring your nose is pointing forwards, bend your neck as if you were taking your right ear towards your right shoulder. To increase the stretch, straighten your right arm away from your body, drop your shoulder slightly, and straighten your fingers. Use the opposite hand to gently apply more pressure. You will feel a stretch on the same side you are extending your arm. Repeat to the right. This exercise will help improve mobility to your neck.



Video:

<https://youtu.be/4gO0vGc04zM>

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