

# Neck Exercises

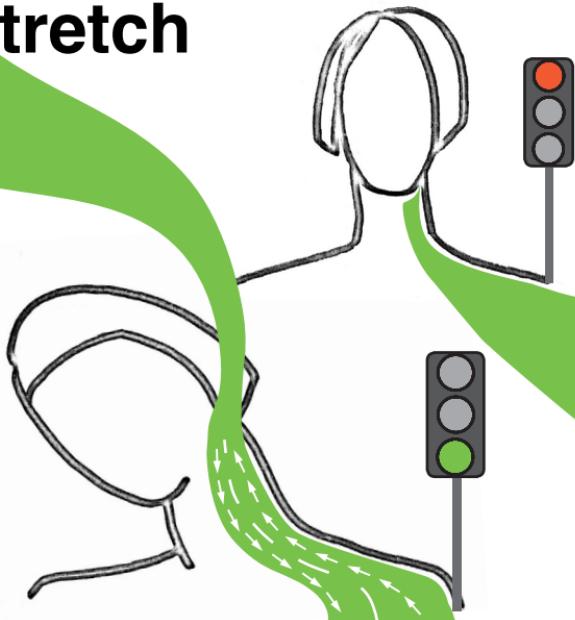
# **Exercises for the Neck**

## **Stretches**

Flexibility and stretching exercises can expand or preserve the range of motion and elasticity in affected cervical (neck) joints, and thus relieve the stiffness that accompanies pain. As a general rule, neck stretching is best done every day, and some stretches can be done several times a day.



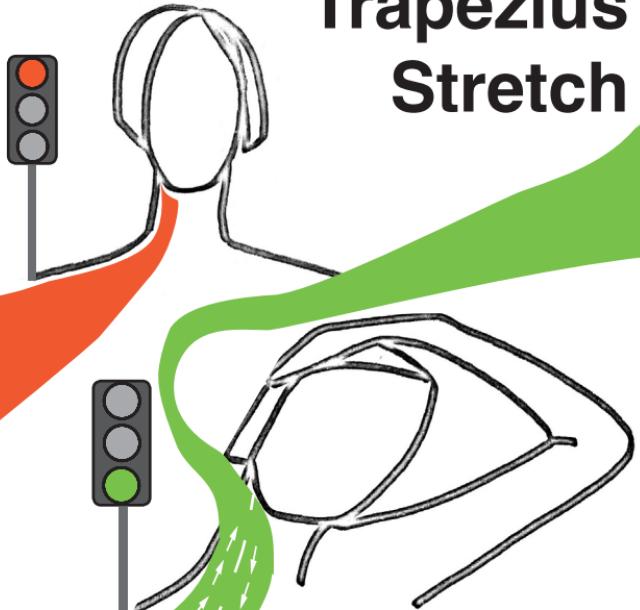
# Trapezius Stretch



Take your left ear to your left shoulder, keeping eyes and nose pointed straight. Hold gently for 10 seconds.

Take your right ear to your right shoulder, keeping eyes and nose pointed straight. Hold gently for 10 seconds.

# Trapezius Stretch

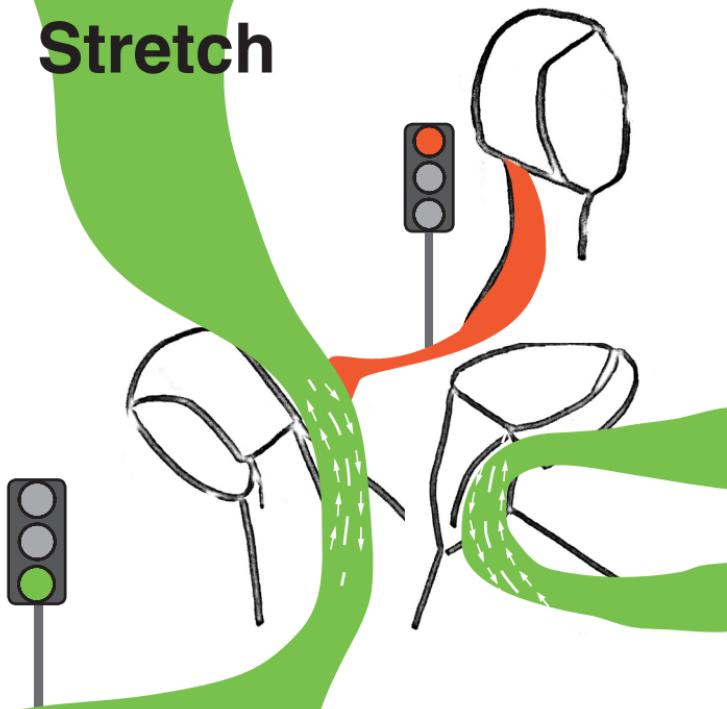


Take your left ear to your left shoulder. Apply some extra pressure with your right hand. Feel deep stretch from ear to shoulder. Hold gently for 10 seconds.

Take your right ear to your right shoulder. Apply some extra pressure with your left hand. Feel deep stretch from ear to shoulder. Hold gently for 10 seconds.



## Posterior Neck Stretch



Tilt head upward. With jaw closed, feel the stretch in the front of neck. Hold gently for 10 seconds.

Take your chin down towards your chest. Feel the back of your neck stretch. Hold gently for 10 seconds.



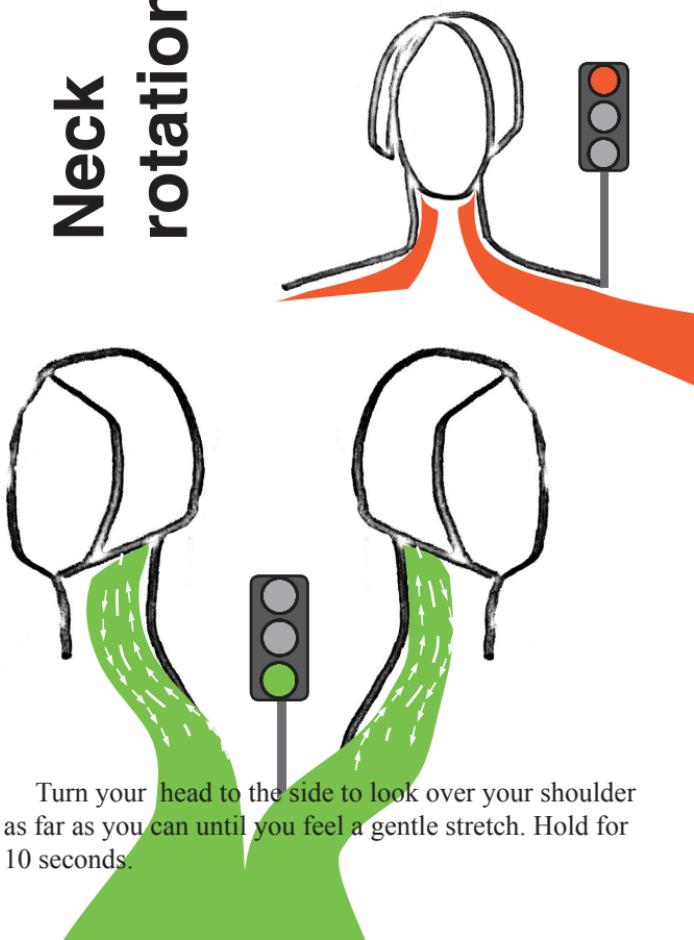
# Posterior Neck Stretch



Take your chin down towards your chest. Apply some extra pressure with your hands. Feel the back of your neck deep stretch. Hold gently for 10 seconds.



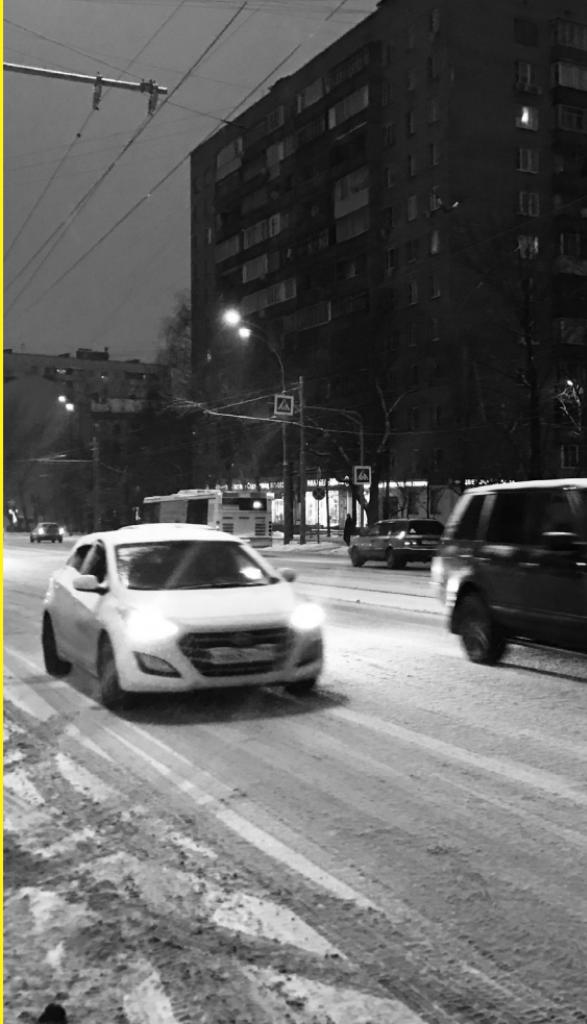
## Neck rotation



Turn your head to the side to look over your shoulder as far as you can until you feel a gentle stretch. Hold for 10 seconds.

# Exercises for the Neck

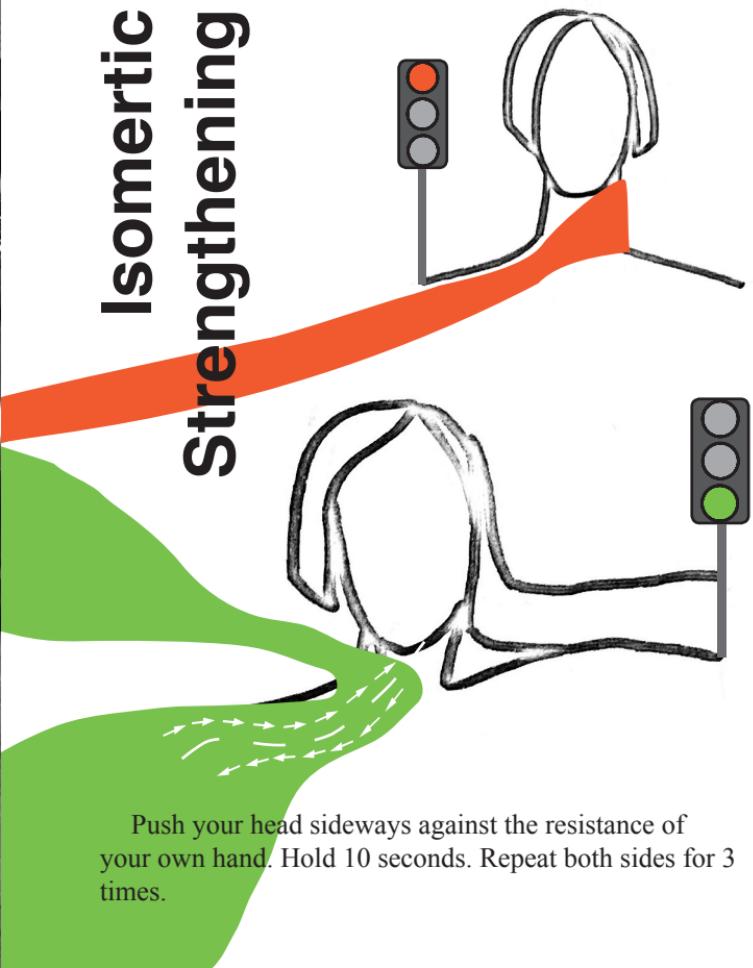
## Strengthening



A strong neck helps in preventing pain and injury in that area. Incorporate neck muscle strengthening exercises in your routine. This is a great way to combat neck pain and other neck related problems and improve the strength of your neck.



# Isometric Strengthening



Push your head sideways against the resistance of your own hand. Hold 10 seconds. Repeat both sides for 3 times.



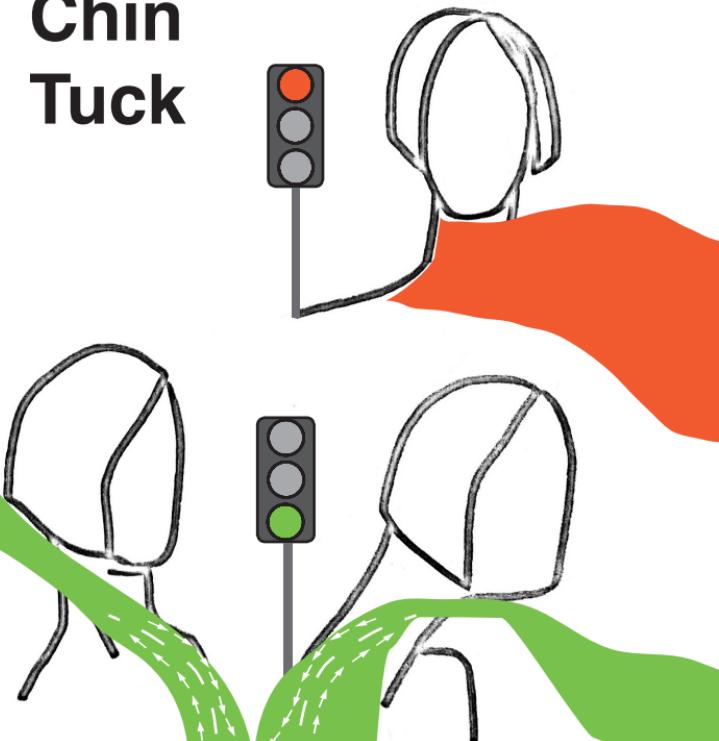
# Isometric Strengthening



Push your head forward against the resistance of your own hand. Apply some extra pressure with hand on your forehead. Hold the ballance and tention around 10 seconds. Repeat 3 times.



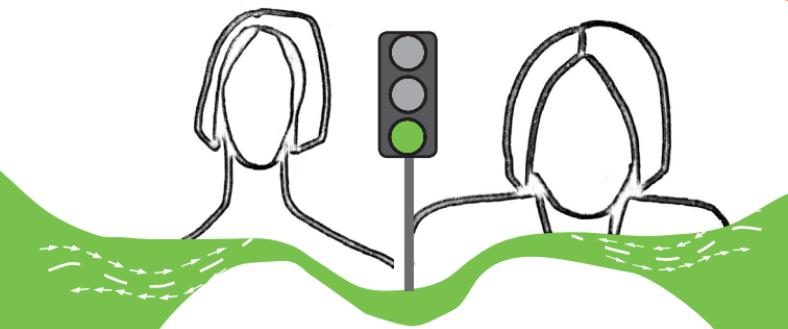
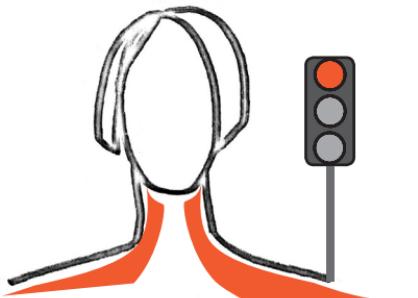
# Chin Tuck



Tuck your chin and pull your head back and hold for two seconds. To guide the movement, pretend someone is pushing your chin into your neck.



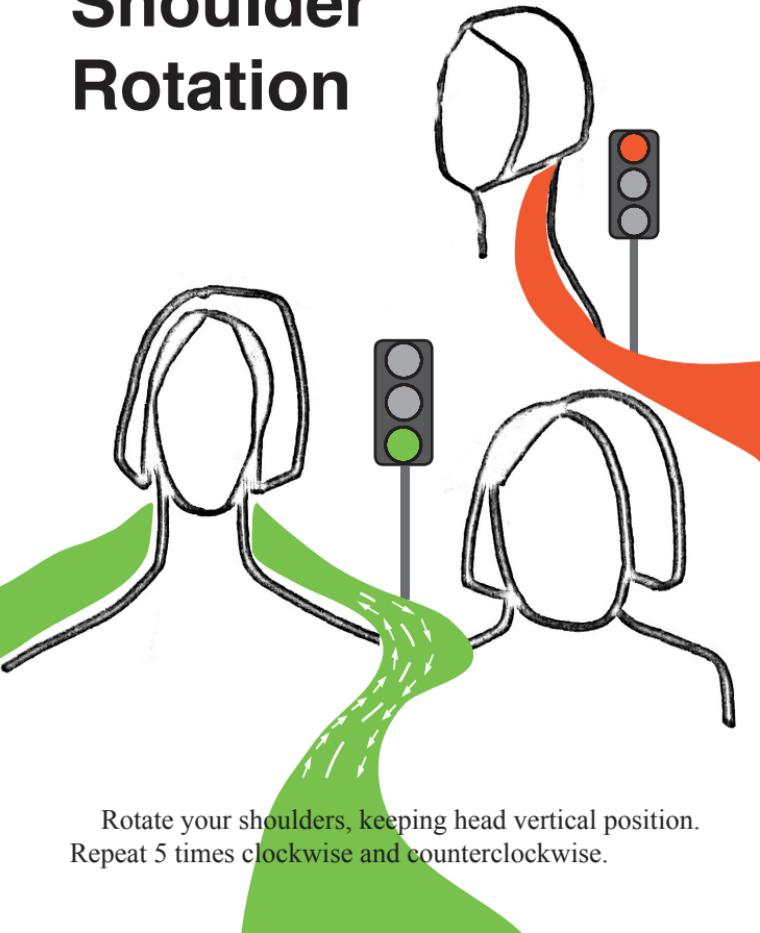
## Shoulder Retraction



Raise your shoulders upwards to your ears keeping head vertical position. Hold 10 seconds. Then put shoulders down and try to stretch the neck.



# Shoulder Rotation



Rotate your shoulders, keeping head vertical position.  
Repeat 5 times clockwise and counterclockwise.



