

## Neck Stretches

We will show you a series of stretches for the neck. We recommend you try them separately and in order. If you are having pain and discomfort, we are searching for the stretch that may relieve your pain. These are designed to be done multiple times a day.

### 1. Chin Tuck in seated position



### 2. Neck extension - usually start with belt or towel



3. Neck extension with towel/belt pulled down to floor.



4. Neck extension leveraged with midback on back of chair.



5. Neck extension with end range rotations.



6. Chin tuck and side bend toward painful side. (If reduces pain – continue)



7. Rotation with selvage of towel or with belt. Or use hands. Chin tuck and rotate to painful side. If continues to hurt and pain does not centralize (become more focused - or shrink). Chin tuck and rotate to nonpainful side.

