

Flexibility (Neck)

Side Neck



Exercise Description:

Side Neck

Classification:

Flexibility (Neck)

Instructions:

Keeping your chin and head level rotate your head to the right and hold for the prescribed number of seconds. Allow your neck to stretch and then repeat with the other side.

Neck (downward)



Exercise Description:

Neck (downward)

Classification:

Flexibility (Neck)

Instructions:

Tuck your chin down towards your chest and allow the back of your neck to stretch. Hold for the prescribed number of seconds.

Neck Flexion Stretch



Exercise Description:

Neck Flexion Stretch

Classification:

Flexibility (Neck)

Instructions:

1. Grasp the back of your head with both hands.
2. Slowly pull your chin down towards your chest until a comfortable stretch is felt on the back of your neck.
3. Hold for 20-30 seconds. Repeat as prescribed.

Trapezius Stretch



Exercise Description:

Trapezius Stretch

Classification:

Flexibility (Neck)

Instructions:

1. Grasp the side of your head with one hand.
2. Slowly pull your ear down towards your shoulder until a comfortable stretch is felt on the side of your neck.
3. Hold for 20-30 seconds. Repeat as prescribed. Repeat to the other side.