



Neck Stretches

Figure 1: Neck Stretch I



Figure 2: Neck Stretch I

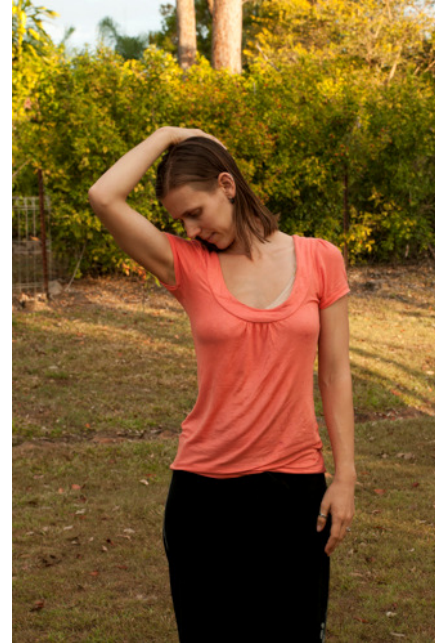


Figure 1: Lean your head over to one side, towards the shoulder. With your arm on the same side as that shoulder, reach over to the other side of your head, and pull your head further towards your shoulder.

Figure 2: Now shift position of your hand a little and pull your head more towards your pec muscle (chest muscle) on the same side as the shoulder to which you have been pulling your head.

Repeat for the other side as below.



Figure 3: Neck Stretch II

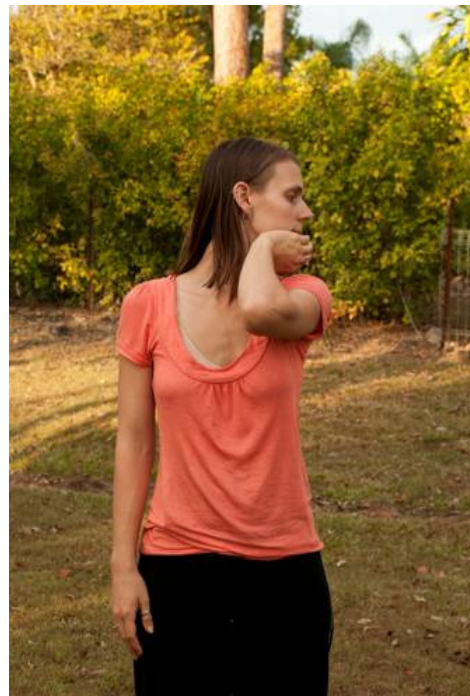


Figure 4: Neck Stretch II



Figure 3: Turn your head to the right side.

Figure 4: Use the heel of your right hand on the left side of the jaw to apply a stretch in the same direction. Repeat for the left side as below.



Perform at least twice per week, or as instructed by your practitioner.

Refer to the handout on “Stretching: General Information”.

Author Paul James Davies

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