

# Range Of Motion Exercises: Neck

Stretching should be a daily activity. Our bodies are meant to move! Stretching maintains flexibility, muscle & joint function & helps to increase blood flow in the body. It can be done any time, any place. It can be done at the office, in the car, in the shower, or even in front of the TV.

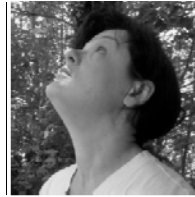
If you feel any of these movements are difficult because of muscle tension, let me know before your next massage so I can help you release that area. If you have any intense pain with any of these stretches, discontinue them until you discuss them with your physician.

Do each exercise in the order listed 3x a day: hold for 3 seconds & do 3 repetitions of each. Return to starting position after each exercise. Don't force movements past the point of pain. Don't push into pain, *relax* into stretch.

Start by sitting or standing comfortably erect, your head in a neutral position. Drop your chin down to your chest as you exhale.



Bend your head backward as far as you can, so you can see the ceiling directly above your head. Avoid rolling your head behind the shoulders.



Place hands below right collarbone & gently pull down. Turn your head to the left trying to bring your chin over your left shoulder



Place hands below left collarbone & gently pull down. Turn your head to the right trying to bring your chin over the right shoulder.



Bring your head to neutral. Inhale & very slowly drop your left ear down to your left shoulder. Exhale & roll your chin to your chest.



Inhale & slowly drop your right ear down to your right shoulder. Exhale and roll your chin to your chest. Return to neutral.



Chin Tucks. Begin by imagining a string pulling upward on your head and spine, making you taller. Gently tuck, making a double chin. Don't let your chin drop down or point up, just look straight ahead

