

Neck Stretches

Created by Crestview Chiropractic Sep 23rd, 2021

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UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD



Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm.

Repeat 2 Times

Hold 20 Seconds

Complete 1 Set

Perform 1 Times a Day

LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD



Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side.

You should be looking towards your opposite pocket of the target side.

Repeat 2 Times

Hold 20 Seconds

Complete 1 Set

Perform 1 Times a Day

LEVATOR SCAPULAE STRETCH - GRASPING WRIST



Grasp your arm of the affected side and pull it gently towards the opposite side in front of your body. Next, tilt your head downward and to the side looking away from the affected side until a stretch is felt.

Repeat 2 Times

Hold 20 Seconds

Complete 1 Set

Perform 1 Times a Day



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SCALENE STRETCH - HANDS ON CHEST - DEEP ANTERIOR NECK FLEXOR STRETCH

Place your hands overlapping on your breast bone. Next, tilt your head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.

Repeat 2 Times
Complete 1 Set

Hold 20 Seconds
Perform 1 Times a Day