



NECK STRETCHING EXERCISES

Lateral Neck Flexion

- Look straight forward and do not let the chin drop down
- Move your ear towards the shoulder
- Don't let your shoulder lift up
- Hold for between 10 and 30 seconds

Variations

- When stretching the right side, further the stretch by using the left hand to apply gentle pressure to the right side of the head



Muscles Stretched

- Upper fibres of Trapezius
- Levator Scapulae

Related Injuries - Tight muscles in the upper back and neck

Forward Neck Flexion

- Start facing straight forwards and with your arms in front of you
- Keep the elbows straight and clasp your hands together to stop your shoulders from elevating
- Bring your chin down to meet your chest
- Hold for between 10 and 30 seconds

Variations

- Perform sitting on a chair and gripping the chair between your legs to keep the shoulders down



Muscles Stretched

- Upper fibres of Trapezius
- Splenius muscles
- Levator Scapulae

Related Injuries - Tight muscles in the upper back and neck

Neck Rotation

- Start facing straight forwards and with your arms in front of you
- Keep the elbows straight and clasp your hands together to stop your shoulders from elevating
- Turn your neck so that your chin moves towards your shoulder
- Hold for between 10 and 30 seconds

Variations

- When twisting the head, lift the chin slightly upwards to place more emphasis on Sternocleidomastoid



Muscles Stretched

- Upper fibres of Trapezius
- Sternocleidomastoid
- Splenius

Related Injuries - Tight muscles in the upper back and neck