



Neck Stretches

*REPEAT ALL STRETCHES 2- TIMES

1. Lock your hands together behind your back. Pull down on your hands so you feel tension on your shoulders. Tilt your head to the left and hold for 15-20 seconds. Repeat on the right.



2. Can be completed standing or sitting. Use your hand to tilt your head to the left to the point where you feel tension and hold for 15-20 seconds. Repeat on the right.



3. Can be completed standing or sitting. Use your hand to tilt your head forward to the point where you feel tension. Hold for 15-20 seconds.



4. Neck rolls. Slowly roll your head clockwise for 20 seconds. Repeat by rolling your head counter clockwise for another 20 seconds.

