

# Neck Stretches

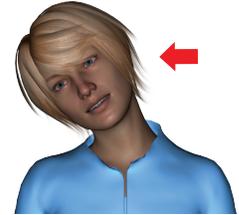
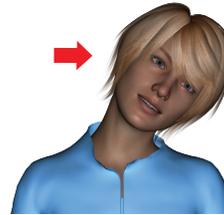
Stretching should not be an aggressive activity. Unlike weight-lifting, your goal is not to push or pull a heavy object, but rather to relax and let short muscles/tissue extend. Effective stretching is accomplished by the amount of time your muscles are under tension, and not necessarily by how many repetitions you do. Stretching should ideally be facilitated by the pull of gravity, and not much more! Pay close attention to muscles

around the area you are stretching, you will often have to mentally tell your body to relax your shoulders and neck before they will truly relax. Finally, remember to breathe fully and at a normal rate.



If these stretches cause pain or discomfort, please discontinue and consult your chiropractor.

## Lateral Flexion



Retract your head and gently bend your neck to the right as far as possible. Hold this position for 3 to 5 seconds. Next do this stretch while bending to the left side. Repeat 5 times.

## Neck - Shoulder



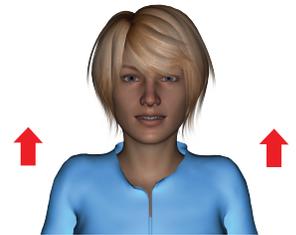
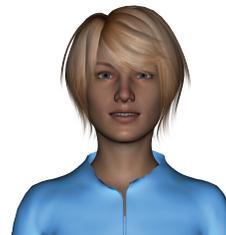
Sit on a chair and grasp the side of the seat with one hand. Place the other hand on your head and gently pull down/diagonally to the opposite side. Look in the direction that you are pulling and hold for 10 seconds. Perform 1 set of 5 or 10 repetitions.

## Retract Neck



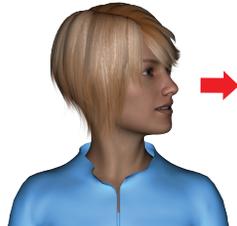
Retract your head by pulling your chin "in" and rolling your shoulders back. Also keep your back straight. Hold for 5 seconds. Repeat 5 times.

## Shoulder Rolls



Begin by straightening your back and letting your arms hang loose. Roll your shoulders forward; then up towards your ears and then back as you pull your shoulder blades together. Relax, so that you are back to the starting position. Repeat 5 times.

## Rotation



Retract your head and gently turn your head to the right as far as possible. Hold for 3 to 5 seconds. Next do this stretch while turning to the left side. Repeat 5 times.

## Flexion



Retract your head by pulling your chin "in" and gently bending your neck forward as far as possible. Hold this position for 5 seconds. Repeat 5 times.



Don't roll your neck



Do not attempt to self adjust