Neck Stretching Guide for Cervical Pain Relief

Simple daily stretches to help you feel better and move easier

CERVICAL RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

- Perform: 10 Repetitions
- Hold: 5 Seconds
- Complete: 3 Sets
- Frequency: 2 X / Day

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.

- Perform: 3 Repetitions
- Hold: 15 Seconds
- Complete: 1 Set
- Frequency: 2 X / 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.

- Perform: 3 Repetitions
- Hold: 15 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day

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

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

- Perform: 3 Repetitions
- Hold: 15 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day