Neck Stretching Guide for Cervical Pain Relief

Simple daily stretches to help you feel better and move easier

PECTORALIS CORNER STRETCH

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

NOTE: Your legs should control the stretch by bending or straightening your front knee.

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

CERVICAL EXTENSION WITH TOWEL - CURVE OF NECK

Start with a small hand towel wrapped around the curve of your neck and holding the ends of the towel forward as shown. Next, extend your neck back over the towel as to look up at the ceiling. Then, return to starting position.

Your hands should remain still and holding the ends of the towel the entire time.

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

CERVICAL TOWEL ROTATION STRETCH

Hold the ends of a small folded bath towel and wrap it around your head and neck as shown. Place the towel on your face so as to minimize placing pressure on your jaw. Pressure should be placed on the side of your face/cheek bone.

Use your bottom most arm to anchor the towel in place. Use your top most arm to pull the towel to cause a gentle rotational stretch in your neck. Hold, then return to starting position and repeat.

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