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# Neck Stretching Guide for Cervical Pain Relief

## Simple daily stretches to help you feel better and move easier

### CERVICAL EXTENSION ISOMETRIC - FINGERS

Place two fingers on the back of your head and gently press your fingers against it. Use your neck muscles to prevent any movement. Hold, relax and repeat.

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

### CERVICAL FLEXION ISOMETRIC - FINGERS

Place two fingers on your forehead and gently press your fingers against it. Use your neck muscles to prevent any movement. Hold, relax and repeat.

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

### CERVICAL SIDE BEND ISOMETRIC - FINGERS

Place two fingers on the side of your head and gently press your fingers against it. Use your neck muscles to prevent any movement. Hold, relax and repeat.

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