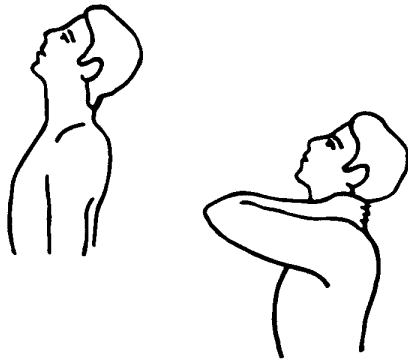
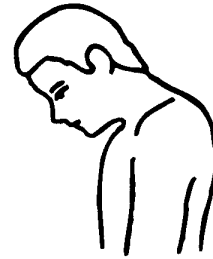


Hold each stretch for 30- 60 seconds. Perform 1-2 repetitions per day preferably after exercise or when your muscles are warm. Do not continue if you experience pain. If you have an injury, please consult your healthcare provider.

Forward Stretch

Place your neck in the "neutral" neck position. Gently allow your head to drop forward to stretch the back of your neck.

_____ secs. _____ reps. _____ sets _____ x's per _____



Neck Extension

Place your neck in the "neutral" neck position. Move your head gently backwards like the "pigeon" exercise. In the backwards position gently tilt your head back and look up towards the ceiling.

More advanced: Place the fingertips of both hands behind the back of your neck. Pull the hands forward as you tilt backward.

_____ secs. _____ reps. _____ sets _____ x's per _____

Side Stretch

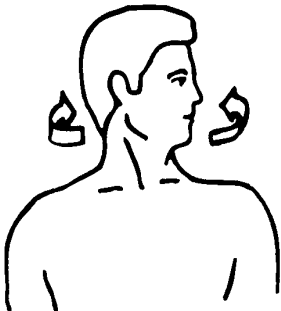
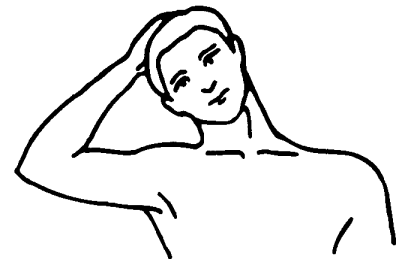
Lie on your back, sit or stand. Place your neck in the "neutral" neck position. Gently tilt your head to the side.

More advanced: Place your hand on the side of your head and gently stretch your head to the side.

Alternative: Perform in the sitting position.

More advanced: Anchor your hand beneath your chair or place behind your back to increase the stretch.

_____ secs. _____ reps. _____ sets _____ x's per _____



Neck Rotation

Place your neck in the "neutral" neck position. Turn your head towards your shoulder as far as comfortably possible and then return to neutral. Repeat in the opposite direction.

More advanced: Shift your weight to the opposite buttock while rotating to one side.

More Advanced: Perform this exercise while lying on your back.

More Advanced: Use your hand on your temple to increase the rotation. Hint: Use your left hand on your left temple, etc.

_____ secs. _____ reps. _____ sets _____ x's per _____

Find neutral position of your neck. Perform 5-10 repetitions per day preferably after exercise or when your muscles are warm. Do not continue if you experience pain. If you have an injury, please consult your healthcare provider.

NECK MOBILIZATION

Neutral Neck Position

Gently tuck your chin, lengthen the muscle in the back of your neck and place your neck into "neutral."

_____ secs. _____ reps. _____ sets _____ x's per _____



Pigeon

Place your neck in the "neutral" neck position. Tuck your chin, then move your head backward and then relax back into neutral.

Easy: Lie on a bed or couch and feel the pressure on the back of your head as your head moves backwards and the back of your neck lengthens.

Moderate: Use your hand to keep your chin down and increase backwards movement.

Advanced: Hold in the backwards position for 3-5 seconds and then relax into neutral.

_____ secs. _____ reps. _____ sets _____ x's per _____