

Neck Stretching Program



DROP YOUR HEAD DOWN TOWARD YOUR CHEST. APPLY GENTLE PRESSURE ON THE BACK OF YOUR HEAD TO INCREASE THE STRETCH.

Repeat: 3 times **Sets:** 0

Hold Time: 20 secs **Resistance/Time:** 0

Sessions: 3 /day



ROTATE YOUR HEAD TO LOOK OVER YOUR SHOULDER. APPLY GENTLE PRESSURE ON YOUR CHIN AND THE OPPOSITE SIDE OF YOUR HEAD TO INCREASE THE STRETCH.

Repeat: 3 times **Sets:** 0

Hold Time: 20 secs **Resistance/Time:** 0

Sessions: 3 /day



DROP YOUR EAR TOWARD YOUR SHOULDER. GENTLY PULL YOUR HEAD TO THE SIDE WHILE FEELING A STRETCH ON THE OPPOSITE SIDE OF YOUR NECK.

Repeat: 3 times **Sets:** 0

Hold Time: 20 secs **Resistance/Time:** 0

Sessions: 3 /day



ROTATE YOUR HEAD TOWARD YOUR SHOULDER THEN DROP YOUR HEAD BACKWARDS AS FAR AS IS COMFORTABLE.

Repeat: 3 times **Sets:** 0

Hold Time: 20 secs **Resistance/Time:** 0

Sessions: 3 /day



DROP YOUR HEAD DOWN TOWARD YOUR CHEST THEN ROTATE YOUR CHIN TO THE LEFT OR RIGHT. INCREASE THE STRETCH BY PULLING DOWN ON YOUR HEAD.

Repeat: 3 times **Sets:** 0

Hold Time: 20 secs **Resistance/Time:** 0

Sessions: 3 /day

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