

Eaton Chiropractic

Neck Stretching Exercises

WARM-UPS, consisting of stretching and flexibility exercises should be performed for a minimum of 5-7 minutes before any aerobic exercise (walking, tennis, etc...).

The right way to stretch is slow and relaxed. DO NOT BOUNCE. This can actually cause you to pull the muscle you are trying to stretch.

You should stretch to the point of "MILD TENSION". If you overstretch you will also cause damage. Back off if the stretch feels painful.

Hold the stretch for a minimum of 15 seconds each, without bouncing. BREATHE slowly and naturally. Do not hold your breathe while stretching. Relax the stretch. Stretch one or two more times with each stretch. Try to stretch a little further with each stretch. Again, only to the point of mild tension.

STRETCHING EXERCISES

Stretches for side of neck



Stretches for side of neck:
Sit or stand with arms hanging loosely at sides
Turn head to one side, then the other
Hold for 5 seconds, each side
Repeat 1 to 3 times

STRETCHES SIDE OF NECK



Sit or stand with arms hanging loosely at sides
Tilt head sideways, first one side then the other
Hold for 5 seconds
Repeat 1-3 times

STRETCHES BACK OF NECK



Sit or stand with arms hanging loosely at sides
Gently tilt head forward to stretch back of neck
Hold 5 seconds
Repeat 1-3 times