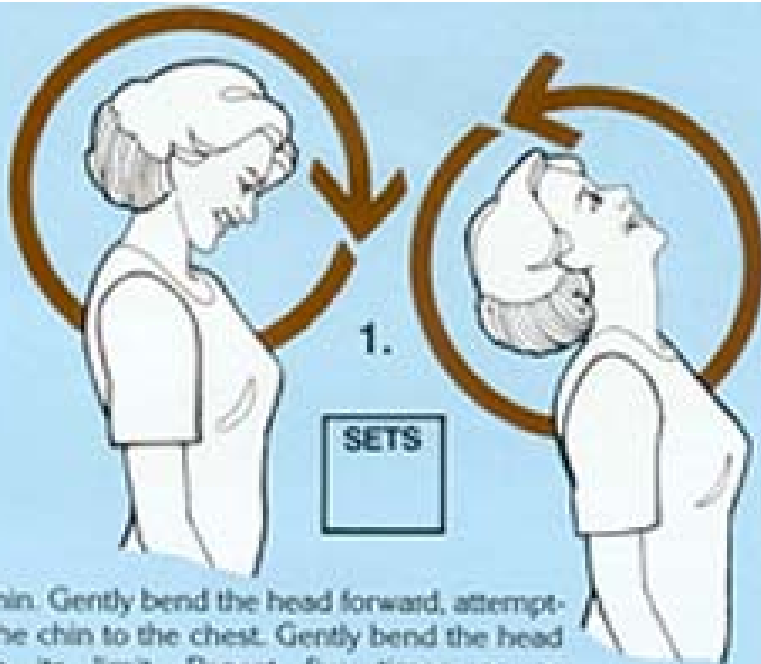


# Neck Stretches

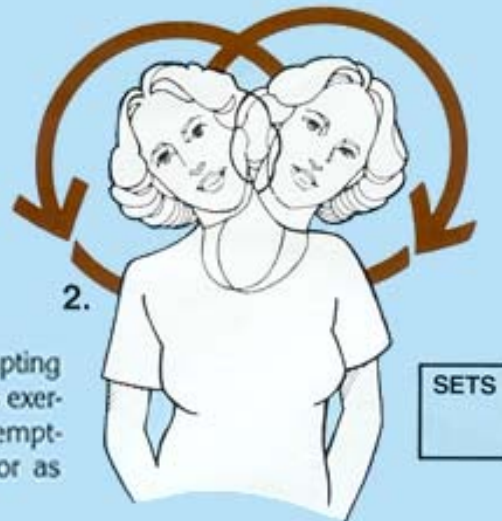
Restore Range of Motion to the Neck



1. Tuck your chin. Gently bend the head forward, attempting to touch the chin to the chest. Gently bend the head backwards to its limit. Repeat five times or as recommended.



3. Turn head to the right as far as possible, attempting to bring chin over shoulder. Do not elevate shoulder. Hold three to five seconds. Repeat on opposite side. Do five times or as recommended.



2. Bend the head to the right as far as possible, attempting to touch ear to shoulder. Do not rotate head in this exercise. Bend the head to the left as far as possible, attempting to touch ear to shoulder. Repeat five times or as recommended.