

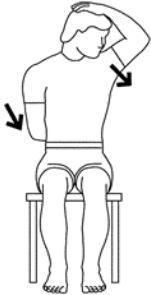
4 Stretches to Loosen Your Neck Muscles



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Upper Trapezius Stretch

- Begin in a seated position. Place your hand on your head and pull directly to the side to tilt your head. Do not rotate your head.



Levator Scapulae Stretch

- Begin in a seated position. Place one hand on your head, look downward and pull down and in as if you are looking at your opposite hip.



Scalene Stretch

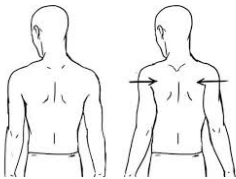
- Sitting up straight, side bend your head to one side and then rotate your head up towards the ceiling.



Neck Extension Stretch

- Place hands on sternum. Look down at hands. Apply skin drag down and then look up to the ceiling.

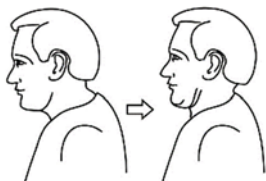
Neck Strengthening Exercises



Scapular Squeezes

- Squeeze your shoulder blades together.

Chin Tucks



- While maintaining good posture, sit neutrally while looking straight ahead. Draw your head directly backwards, keeping your gaze parallel to the floor. Return to neutral, bringing your chin back.