

Neck Stretches

Trapezius Stretch

Take your left ear to your left shoulder. Hold gently for 10 seconds. Repeat both sides.



Trapezius stretch 2

Take your left ear to your left shoulder. Apply some extra pressure with your hand. Hold gently for 10 seconds. Repeat both sides.



Posterior Neck Stretch

Take your chin down towards your chest. Hold gently for 10 seconds.



Neck Rotation

Turn your head to look over your shoulder until you feel a gentle stretch. Hold for 10 seconds



Isometric Strengthening

Push your head forwards against the resistance of your own hand. Hold 10seconds, Repeat 3 times



Isometric Strengthening

Push your head sideways against the resistance of your own hand. Hold 10 seconds, repeat 3 times



Combination Stretch

Pull on your left arm with your right hand. Tilt your head back and away from left shoulder. Hold 10 seconds, repeat other side.



Deep neck muscle strengthening

Lying on your back, gently tuck your chin down towards your chest, hold for 7 seconds. Repeat 3 times

