

# Neck Stretches

**Safety notice:** When starting any new exercise always ease into the stretch gently to find your comfort limit. Some mild “stretching strain” may be experienced, but if significant pain is felt then ease off and try a more gentle version of the exercise. If pain restricts you from doing these stretches at all then consult a health professional for alternative options.

## 1. Shoulder rolls



This exercise helps loosen up your shoulder blades and neck muscles. Stand upright and hitch your shoulders up towards the sky...then roll them backwards allowing your chest to puff out...then roll them forwards such that your chest tightens. Continue this smooth and controlled rolling action in one direction for 5 full rotations, then roll your shoulders the opposite direction for a further 5 rotations.

## 2. Neck stretches



This exercise helps loosen up the muscles along the side of your neck. Stand upright and reach your right hand over to the back of your head behind the left ear. Tuck your chin in slightly as though to give yourself a double chin. Gently tilt your head forwards and to the right until a mild stretch is felt on the left side of your neck. As soon as your neck is feeling a mild stretch, hold that position for 20 seconds allowing the neck muscles to gently stretch and adapt to the position. Repeat this stretch for the opposite side. Do 2 stretches each way.

## 3. Tuck and tilt stretch



This exercise helps loosen up the muscles deep along the side of your neck. Reach your right hand over to the back of your head behind the left ear. Meanwhile with your left hand, tuck your chin in slightly, giving yourself a double chin. Gently tilt your head forwards and to the right until a mild stretch is felt deep on the left side of your neck. As soon as your neck is feeling a mild stretch, hold that position for 20 seconds allowing the neck muscles to gently stretch and adapt to the position. Repeat this stretch for the opposite side. Do 2 each way.