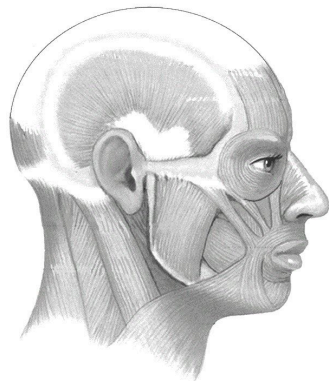




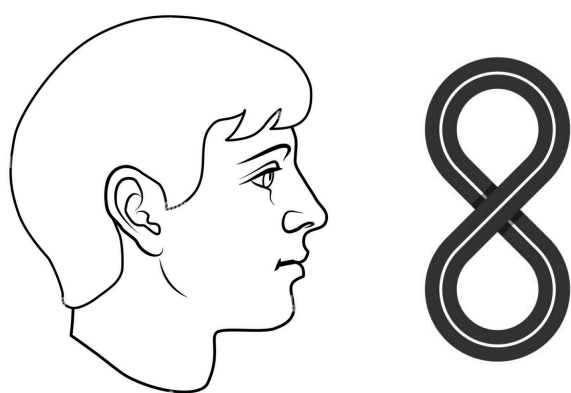
Strengthening & Stretching The Neck



1

Side bend

With one arm by your side, tilt your head to the opposite shoulder and hold head with opposite hand. Do not pull head hard! To further the stretch, drop shoulder towards floor. Experiment with different head positions- forward/back.



2

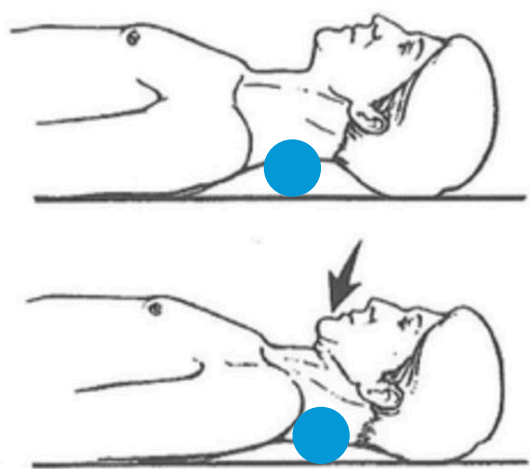
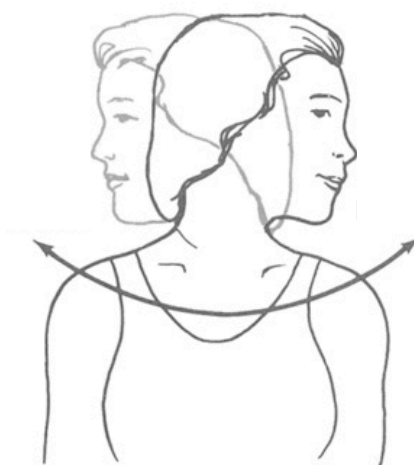
Figure 8

Imagine you have a pen on your nose. Draw increasingly large figures of 8 on a board in front of you.

3

Head rotation

Can be done lying on back or seated. Turn your head and look over your left shoulder, holding for 5-10 seconds; then the right. Move your head through its full range of motion gently and slowly.



4

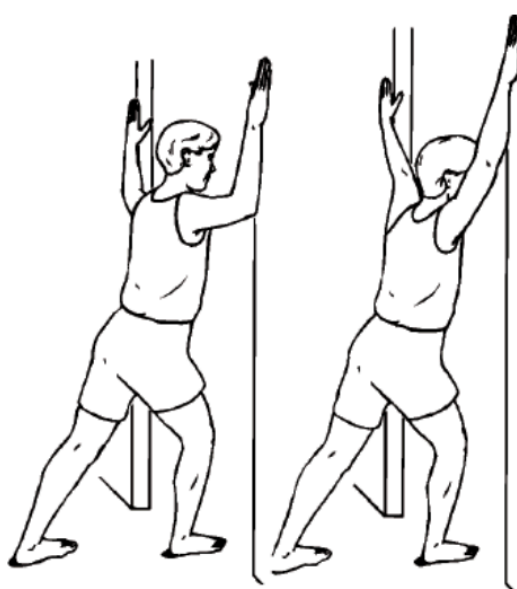
Chin tuck

Lying on your back with a small towel rolled up under your neck, tuck your chin and lift your head slightly.

5

Pec door Stretch

Stand in a narrow lunge, side on to a doorway or corner. Bend your elbow and support the forearm against the doorframe. Gently rotate your upper trunk away from the arm until the stretching can be felt in the chest muscles.



Exercises help strengthen supporting muscles, maintain range of motion, improve circulation to the affected area, and reduce pain and stiffness.

Perform exercises and stretches as directed by your chiropractor, staying within your comfort level. If you experience severe pain, stop immediately and consult your chiropractor with any concerns.

