

Neck Flexion with Rotation

INSTRUCTION: Duration 2-3 min

Start seated comfortably; gently nod your head forward stopping as you feel the stretch develop in the back of your neck and possibly into your upper back. Hold for 15-30 seconds. Finish this stretch by lifting your head back to a neutral position.

Part I



Part II



Rotate your head slightly (1 cm) away from the side of greater tension felt during Part I. From this position again gently nod your head forward stopping as you feel the stretch develop in the back of your neck and possibly into your upper back. This stretch should be felt more on the side you are turning away from if done correctly. Hold for 15-30 seconds. Finish this stretch by lifting your head back to a neutral position. Repeat on opposite side.

Part III



Rotate your head, further than in Part II, away from the side of greatest tension. From this position again gently nod your head forward stopping as you feel the stretch develop in the back of your neck and possibly into your upper back. This stretch should be felt more on the side you are turning away from if done correctly. To accentuate this stretch bend your elbow on the side you are turning away from and drop the shoulder toward the ground. Hold for 15-30 seconds. Finish this stretch by lifting your head back to a neutral position. Repeat on opposite side.