

Self Care Exercises

Neck Stretches



DISCOVER
HEALTH
chiropractic
PLLC

Discover Balance & Restore Your Health
Dr. Reanna Plancich

Head Retraction

INSTRUCTION: Duration 30 seconds to 1 minute

Help to return the neck to a neutral position and restore spinal curvature.

Begin by sitting relaxed and upright, allowing the head to position itself naturally (keep chin parallel to the floor).



Pull the head directly backward without letting the chin elevate. It should feel like you are creating a double chin.

Hold for 5 seconds, repeat 5-10 times.

Neck Rotation

INSTRUCTION: Duration 1 minute

Start in a comfortably upright seated or standing position.



Turn your head to one side until you begin to feel a stretch in the neck (don't overstretch). Pause and return to center. Perform 10 repetitions to the same side.

Repeat on the other side.

Neck Shoulder Roll

INSTRUCTION: Duration 30 seconds

Start in a comfortably upright seated or standing position. Shoulders should be relaxed.



Bring the shoulder forward and up in a circular motion. Perform 10 circles, then change direction and perform 10 circles in the opposite direction.

Scalene Stretch

INSTRUCTION: Duration 1 minute

Mildly retract your head and chin (create a double chin).

Turn the head 5° to the right, placing your right hand on the base of the left side of your neck over top of your collar bone. Looking for areas of tenderness or tension.



Apply mild downward dragging pressure with your right hand (use the pads of your fingers) while gently leaning your head away from your hand. Hold this stretch at the first point of resistance.

Hold for 30 seconds, repeat on the opposite side.

SCM Stretch

INSTRUCTION: Duration 1 minute

Mildly retract your head and chin (create a double chin).

Turn the head 5° to the right, using the left hand, grab the large muscle on the right side of your neck. The SCM is about the width of your thumb and you must grab the entire muscle belly for the stretch to be effective.



Apply mild downward pulling pressure with your left hand while gently leaning your head away from your hand.

Hold this stretch at the first point of resistance.

Hold for 30 seconds, repeat on opposite side.