

Stretching Exercises for the Neck

Stand under a hot shower for five to ten minutes and perform the following exercises, twice daily if possible.



1. Stand erect. Turn head slowly as far as possible to the right. Return to normal center position and relax. Turn head as far as possible to the left. Return to normal center position and relax.



2. Stand erect. Raise both shoulders as close to the ears as possible and hold as you count to five. Relax. Stretch your shoulders backward as far as possible and hold, then relax.



3. Stand erect. Try to touch left ear to left shoulder. Return to normal center position and relax. Try to touch right ear to right shoulder. Return to normal center position and relax.



4. Stand erect. Try to touch your chin to your chest slowly. Raise head backwards slowly, looking up at the ceiling.