

# NECK STRETCHES

If you have any questions - please let me know at your next visit!  
~ Dr. Amanda



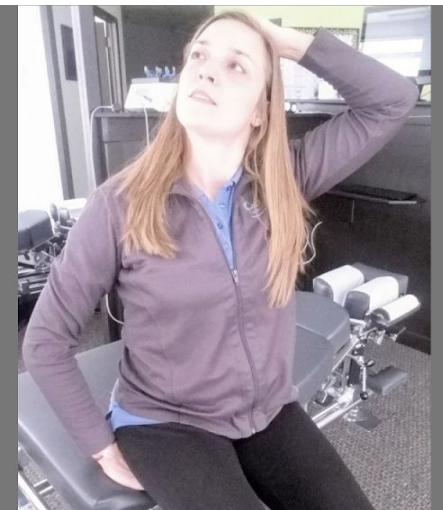
## NECK STRETCH - 1

Sit on one hand to help keep your shoulder down. Use the other hand to gently stretch your neck to the side, feeling the stretch from behind your ear down to your shoulder.

10+  
hold

2-5  
reps

2+  
x/day



## NECK STRETCH - 2

Sit on one hand to help keep your shoulder down. Turn your head towards side of stretch. Use the other hand to gently stretch your neck to the side, feeling the stretch from along the front of your neck.

10+  
hold

2-5  
reps

2+  
x/day



## NECK STRETCH - 3

Sit on one hand to help keep your shoulder down. Turn your head away from the side of stretch. Use the other hand to gently stretch your neck to the side, feeling the stretch from along the back of your neck.

10+  
hold

2-5  
reps

2+  
x/day