

NECK - 1 Flexors

Pull head straight back, keeping jaws and eyes level. Hold _____ seconds.



Repeat _____ times.
Do _____ sessions per day.

NECK - 2 Side Benders

Slowly tilt head toward one shoulder. Hold _____ seconds. Repeat toward other shoulder.



Repeat _____ times.
Do _____ sessions per day.

NECK - 3 Side Benders

Pull head to one side until stretch is felt. Hold _____ seconds. Repeat to other side.



Repeat _____ times.
Do _____ sessions per day.

NECK - 4 Extensors

Bend head forward. Hold _____ seconds. Return to starting position.



Repeat _____ times.
Do _____ sessions per day.

NECK - 5 Extensors



Pull head forward until stretch is felt. Hold _____ seconds.
Repeat _____ times. Do _____ sessions per day.

NECK - 6 Rotators

Turn head slowly to look over one shoulder. Hold _____ seconds. Repeat toward other shoulder.



Repeat _____ times.
Do _____ sessions per day.

NECK - 7 Flexors

Bend head backward.
Hold _____ seconds.
Return to starting position.



Repeat _____ times.
Do _____ sessions per day.

NECK - 8 Extensors / Flexors / Side Benders



From sitting position with back straight, slowly roll head in a full circle.

Repeat _____ times. Do _____ sessions per day.

NECK - 9 Side Benders



Gently grasp side of head with one hand, placing the other hand behind back. Tilt head away until a gentle stretch is felt. Hold _____ seconds. Repeat to other side.

Repeat _____ times. Do _____ sessions per day.

NECK - 10 Side Benders

While tilting head to the left, pull right arm down with left hand until stretch is felt. Hold _____ seconds. Repeat to other side.



Repeat _____ times.
Do _____ sessions per day.

NECK - 11 Side Benders

Grasp arm above wrist and pull downward and across body while gently tilting head. Hold _____ seconds.



Repeat _____ times.
Do _____ sessions per day.