

Lisburn
CHIROPRACTIC
Clinic

Neck Exercises

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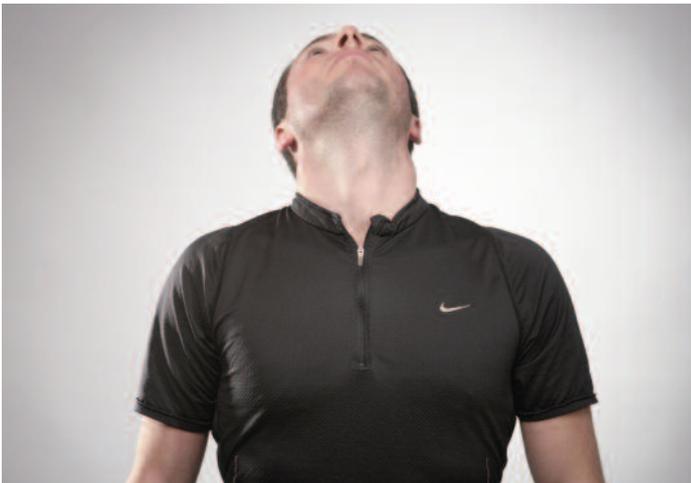


The exercises below aim to improve upon the flexibility of the muscles surrounding your neck.

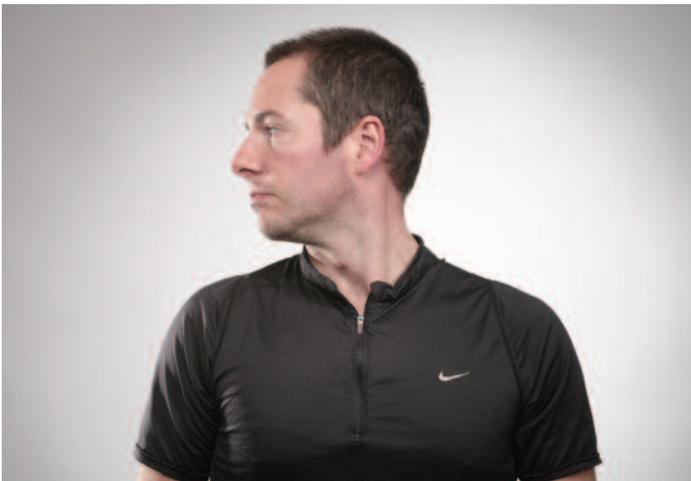
Proper Technique

- Always stretch the muscles on both sides of your body evenly. Don't stretch one side more than the other side.
- Avoid over-stretching. Never stretch to the point of pain or discomfort. You will feel slight tension or a pull on the muscle when the stretch reaches its peak.
- A stretch should always be done smoothly and slowly. Hold the stretch for about ten to fifteen seconds and release slowly. Never bounce or jerk while doing a stretch, as this can cause injury if a muscle is pushed beyond its stretching ability.
- Flexibility exercises should be relaxing. Deep and even breaths are the key to relaxation. Never hold your breath while you are stretching.

If you feel any pain or discomfort at any time while performing these exercises, stop immediately and seek further advice from Lisburn Chiropractic Clinic.



(1) Sit up straight with both your arms relaxed at your sides. Slowly tilt your head backwards (as though you are trying to look at the ceiling) and you will feel a stretch in the front part of the neck. Hold for 5-10 seconds.



(2) Sit up straight with both your arms relaxed at your sides. Turn your head to one side (as though you are trying to look over your shoulder) until you feel a stretch on the opposite side of your neck. Hold for 5-10 seconds and repeat on both sides.



(3) Sit up straight with both your arms relaxed at your sides. Tilt your head to one side (as though you are trying to touch your ear to your shoulder) and with one hand, gently pull the head closer to the shoulder, so that the stretch intensifies. Hold for 5-10 seconds and repeat on both sides.



(4) Sit up straight with both your arms relaxed at your sides. Turn your head 45° and drop your chin towards your chest (as though you are trying to look under your arm). Use one hand to gently apply pressure to the head so that the stretch intensifies. Hold for 5-10 seconds and repeat on both sides.



(5) Sit up straight and place your hand on the center of your forehead. Gently push your forehead into your hand and at the same time applying gentle resistance with your hand, so that you feel the muscles in the front of your neck contract. Hold for 5-10 seconds.



(6) Sit up straight and place your hand against your cheek. Slowly push your head against your hand, while applying some resistance with your hand. You will feel the muscles on one side of your neck contracting. Hold for 10-15 seconds.



(7) Sit up straight and place your hands behind your neck and head. Slowly push your neck backwards into your hand, while applying a gentle resistance with your hands. You will feel the muscles at the back of your neck contract. Hold for 10-15 seconds.