

# Neck stretching exercises



## Stretching and strengthening exercises are an important part of good neck care.

These exercises can easily be added to your usual exercise routine or done at home, so why not give them a go?

You shouldn't feel pain when you perform these exercises. If you do feel pain, talk to your doctor or physiotherapist. They'll make sure you're doing them correctly or may suggest a different exercise.

### Neck and upper body stretch

- Stand or sit on a chair.
- Give yourself a hug – wrap both arms across your chest and place your palms on your shoulders.
- Gently lower your chin to your chest.
- You should feel a comfortable stretch between your shoulder blades, but no pain.
- Hold for 5–10 seconds.



Repeat  
3–4 times  
daily

### Upwards tilt

- Stand or sit on a chair.
- Place both your hands over your sternum (breastbone) and pull gently down.
- Move your neck back to look towards the ceiling until you feel a stretch in the front of your neck.
- Keep the stretch for 5 seconds and then relax.



Repeat  
3–4 times  
daily

### Side tilt

- Sit straight and place the palm of your hand on your head.
- Tilt your head gently down towards your shoulder until you feel a stretch on the opposite side of your neck.
- Hold this position for 5 seconds. Don't turn your head or bring it forward or backwards when you carry out this stretch.



Repeat  
3–4 times  
daily

### Neck turn

- Sit on a chair.
- Look over your right shoulder as far as possible without moving your body.
- When turning to the right you should feel a comfortable stretch in the left side of the neck.
- Hold this for 5–10 seconds.
- Repeat on the left side.



Repeat  
3–4 times  
daily