

## Neck Stretches

### Trapezius Stretch

Take your left ear to your left shoulder. Hold gently for 10 seconds. Repeat both sides.



### Trapezius stretch 2

Take your left ear to your left shoulder. Apply some extra pressure with your hand. Hold gently for 10 seconds. Repeat both sides.



### Posterior Neck Stretch

Take your chin down towards your chest. Hold gently for 10 seconds.



### Neck Rotation

Turn your head to look over your shoulder until you feel a gentle stretch. Hold for 10 seconds



### Isometric Strengthening

Push your head forwards against the resistance of your own hand. Hold 10seconds, Repeat 3 times



### Isometric Strengthening

Push your head sideways against the resistance of your own hand. Hold 10 seconds, repeat 3 times



### Combination Stretch

Pull on your left arm with your right hand. Tilt your head back and away from left shoulder. Hold 10 seconds, repeat other side.



### Deep neck muscle strengthening

Lying on your back, gently tuck your chin down towards your chest, hold for 7 seconds. Repeat 3 times

