



Cervical stretches

1. Standing or seated, take head over to one side to stretch the side of the neck. Gently place hand overhead onto opposite ear to increase the stretch.
2. Standing or seated, take chin to chest to stretch the back of the neck, gently place hands behind head to increase the stretch.
3. Standing or seated, lift face towards the ceiling to stretch the front of the neck. To increase the stretch hold arms together at back to open the chest.
4. Laying on your back, gently tuck in the chin to push the neck towards the

Why stretch these?

The Neck muscles are an area that generally store a lot of tension due to stress and anxiety.

It is important to keep good flexibility in these muscles as tightness can lead to many issues including headaches and impaired vision.

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ground to stretch the back
of the neck.