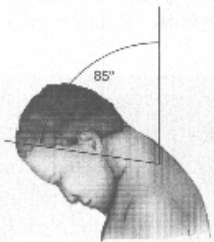
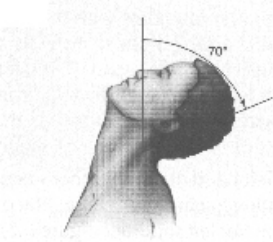


## Neck Stretches



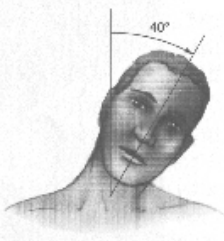
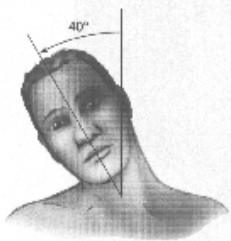
Flexion



Extension



Rotation



Lateral flexion

- Hold each stretch for 10-15 seconds

- Do as often as desired.

- Remember it is better to “understretch” than “overstretch” so take it easy while stretching!

## Body and Soul Chiropractic and Massage Therapy

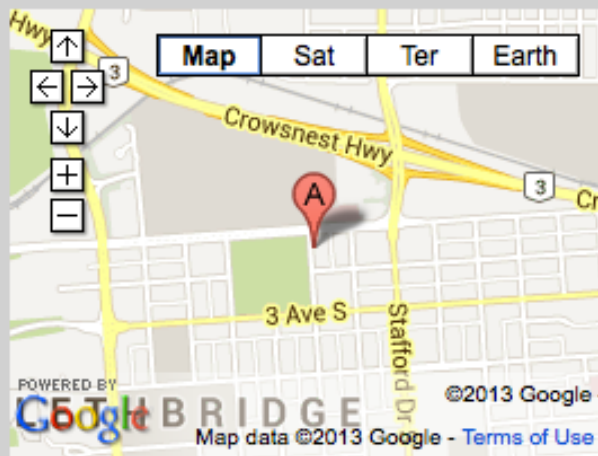
111 - 7th Street South  
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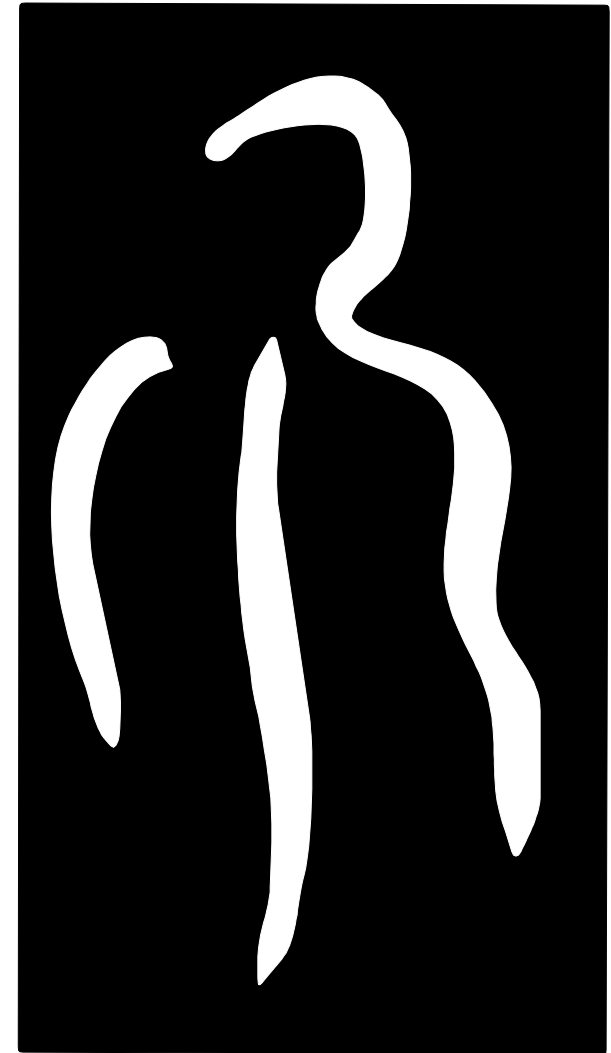
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# Body & Soul Chiropractic and Massage Therapy



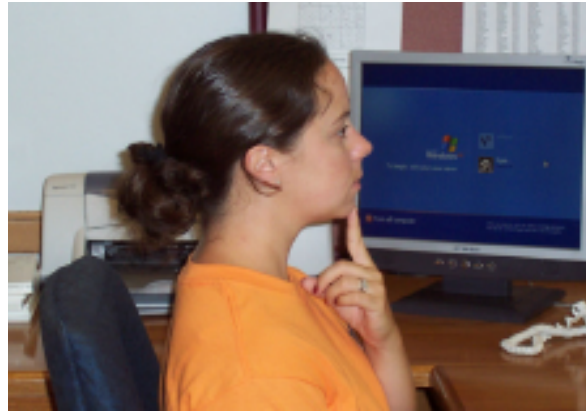
## Neck Stretches & Exercises

## “Head Nod” Exercise



- Chin tucked and head lifted very slightly above ground.
- Hold for 30 – 60 seconds
- 1 -3 sets
- 2 -3 times a day

## Neck Retraction (Chin Tuck) Exercise



- Slowly tuck in chin straight back.
- Place index finger on chin to ensure it does not drop.
- Hold for 5 seconds and release
- 1 – 3 sets 5 repetitions
- 2 – 3 times a day

## Isometric Strengthening



- Head is pushed into hand (50-80% of possible force)
- Hold for 10-15 seconds

- Flexion
- Extension
- Lateral Flexion (L & R)
- Rotation (L & R)

- Go through cycle (6 exercises) 2 – 3 times
- Do 2-3 times a day