

## NECK STRETCHES



## CHIN TUCKS

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
  - Slowly tuck in your chin.
  - Hold for 5 seconds.
  - Release.
  - Repeat several times.
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## HEAD TILTS

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
  - Slowly tilt your head to one side, bringing your ear toward your shoulder.
  - Hold for 10-20 seconds. Feel a gentle stretch on the side of your neck.
  - Then tilt your head slowly to the other side.
  - Repeat 2 or 3 times on each side.
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## NECK STRETCH

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Slowly turn your chin toward one shoulder.
- Hold for 10-20 seconds.
- Repeat on other side.
- Do each side twice.

**Choose another area to stretch...**