

Neck Range of Motion

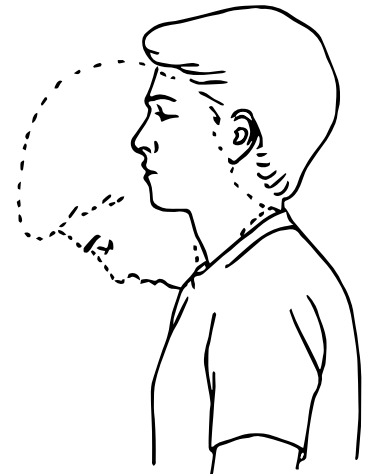
Instructions

- Repeat each stretch _____ times.
- Hold for _____ seconds.

Sit upright with your back supported, chin tucked, and shoulders relaxed.

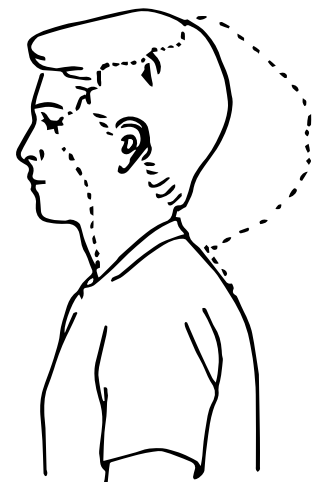
Neck flexion

- Bring your chin down towards your chest as far as you can.
- You should feel a stretch in the back of your neck.



Neck extension

- Look up towards the ceiling as far as you can, keeping your mouth closed.
- You should feel a stretch in the front of your neck.



What are your questions? Please ask.

Therapist: _____

Phone: _____

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*Prepared by: Physiotherapy
Designed by: Nova Scotia Health Library Services*

Neck rotation

- Turn your head to the right. You should feel a stretch on the left side of your neck.
- Return to the starting position.
- Turn your head to the left. You should feel a stretch on the right side of your neck.



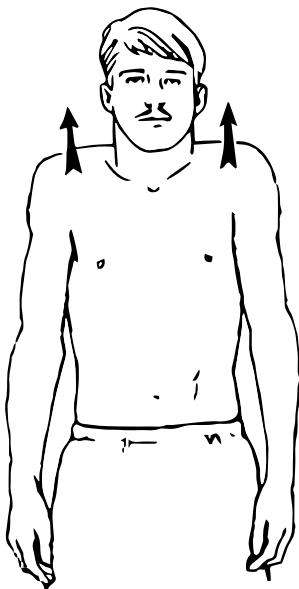
Neck side bending

- Bring your right ear towards your right shoulder. **Do not** turn your head. Keep looking straight ahead.
- You should feel a stretch on the left side of your neck.
- Return to the starting position.
- Bring your left ear towards your left shoulder.
- You should feel a stretch on the right side of your neck.



Shoulder elevation

- Start with your shoulders relaxed.
- Slowly lift your shoulders up towards your ears.
- Return to the starting position.



Shoulder depression

- Start with your shoulders relaxed. Keep your arms by your sides.
- Slowly press your shoulders down by stretching your arms toward the floor.
- Return to the starting position.

