

NECK STRETCHES

Neck Stretches for Everyday

Neck discomfort is one of the most common types of discomfort among workers. As with any other part of your body, exercises and stretches can make the muscles in your neck stronger and more flexible.

Try these stretches to loosen a tense neck, minimize discomfort, and gain flexibility.

Neck Circles

1. Stand straight with your arms positioned comfortably by your side.
2. Slowly bring your left ear towards your left shoulder.
3. Gently extend your head to your back.
4. Slowly bring your right ear towards your right shoulder.
5. Gently bring your chin towards your chest.
6. Repeat steps 1-5 three more times.



Trapezius Stretch

1. Stand straight with your arms positioned comfortably by your side.
2. Slowly bring your left ear towards your left shoulder.
3. Reach for the top of your head with your left hand.
4. Gently pull your head towards your left ear until you feel a mild stretch in the right side of your neck.
5. Hold for 5-10 seconds.
6. Repeat steps 1-5 with the opposite side.



Side Rotation

1. Keep your head squarely over your shoulders and your back straight.
2. Slowly turn your head to the right until you feel a mild stretch in the side of your neck.
3. Hold for 5-10 seconds
4. Then rotate your head to the opposite side, hold for 3 seconds.
5. Repeat steps 1-4 three more times.



Chin Tuck

1. Sit or stand with your shoulders and back straight.
2. Gently slide your chin backward, making sure your head stays aligned over your spine.
3. Hold for 5-10 seconds, then return your chin to the neutral position.
4. Repeat steps 1-3 three more times.

