

NECK (CERVICAL) STRETCHES

FROM PRATIBHA BANSAL, MD FT. SAMMY IRACI III, PT OF FAMILY CARE PHYSICAL THERAPY



1

REPS: 5
HOLD: 15 seconds
7 days a week

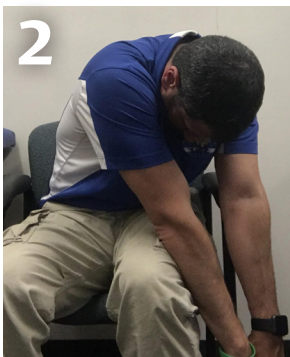
Begin sitting.
Reach towards the floor but try not to bend at the low back. Slowly bend your head downwards and pull shoulder blades apart by using the arms to pull the shoulders forward to stretch the middle of the back.



5

REPS: 5
HOLD: 15 seconds
7 days a week

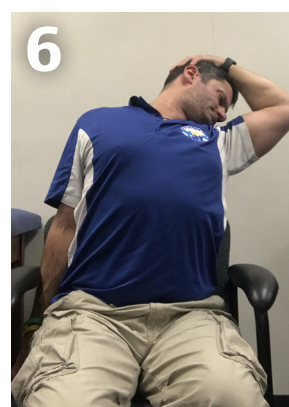
Begin sitting in a chair. Hold onto the chair with one hand while the other hand pulls the head to the side until a stretch is felt in the side of the neck. Perform on both sides.



2

REPS: 5
HOLD: 15 seconds
7 days a week

Begin sitting in a chair. Reach towards the outside of your Left leg bending as far forward as you can. Slowly bend your head downwards to stretch the low and mid back. Perform on both sides.



6

REPS: 5
HOLD: 15 seconds
7 days a week

Begin sitting in a chair. Grasp the bottom of the chair with the Right hand. Use the Left hand to pull head to the Left while extending backwards and slightly rotating body to the Left. Perform on both sides.



3

REPS: 5
HOLD: 15 seconds
7 days a week

Begin sitting in a chair. Rotate to the Left and use the Left hand to pull the Right shoulder towards the Left in a rotating fashion until a stretch is felt at the shoulder blade and middle of the back. Perform on both sides.



4

REPS: 5
HOLD: 15 seconds
7 days a week

Begin sitting in a chair. Hold onto the chair with one hand while the other hand pulls the head down until a stretch is felt in the neck and mid back between the shoulder blades.



7

REPS: 30
HOLD: 1 second
7 days a week

Begin standing near a wall. Place your finger tips on the wall with your elbow fully extended. Slow lean your body towards the wall until your entire hand is flush with the wall. DO NOT hold this stretch for longer than one second. After one second lean back away from the wall but always keep your finger tips touch. This stretch is for the median nerve which runs from your neck to hand. Repeat on both sides.