

# Neck Stretches



*Provided by the sports injury  
and soft tissue experts at:*

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## **Lateral Neck Stretch:** (middle scalene, trapezius)

1. While sitting tuck one hand under your hips.
2. Pull your head away to the opposite side with the other hand.
3. Hold for 20 seconds.



## **Posterior Neck Stretch:**

1. While sitting, grasp the back of your head with both hands.
2. Gently pull your head down.
3. Hold for 20 seconds.



## **Plow Stretch:** (Erector Spinae, Posterior Cervical Compartment)

1. Start by laying face up on the ground with your hands by your sides.
2. Slowly straighten your legs up and over your head . Be careful to move slowly.
3. Make sure your weight is resting squarely on your shoulders and not on your neck.
4. Bend your knees and bring them in towards you shoulders to stretch your back
5. Breathe and Hold for 20– 30 seconds. Slowly lower your legs back to the start position



## **Anterior Neck Stretch:** (Platysma, Longus Colli, Sterno-cleido Mastoid, Anterior Scalene)

1. Lay face up on a therapy ball. Use your hands to support yourself as you slowly roll backwards until you plant your head on the ground.
2. With your head planted on the ground, roll slightly towards your head with your mouth closed. Feel the stretch in the front for your neck.
3. Hold for 20 seconds.



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