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"treating the cause of your problem, not just the symptoms"

Exercises for Your Neck

This week I will supply you with a few simple stretching exercises that you could do before exercising or even during those long hours in front of the computer. As with all exercise, you need to listen to your body, keep the back of the neck and spine lengthened and the rib cage lifted. Remember to breathe as you work with the different exercises. The goal is to lengthen and stretch the neck muscles and release tension due to poor posture. Here we go:

- a) Sit comfortably. With your shoulders relaxed and your chin towards your chest, turn your chin to the right shoulder as far as is comfortable. Do not compress the back of the neck. Hold for about 30 seconds, repeat to the other side- see fig 1.
- b) Sit comfortably, shoulders relaxed. Take your ear down towards your right shoulder, relaxing the neck as much as possible. Feel the stretch on the opposite side. Hold for about 30 seconds and release. Repeat to the other side- see fig 2.
- c) Sitting comfortably, lift the sternum and chin towards the ceiling. Allow the head to drop back as far as is comfortable. Relax the shoulders and exhale. Hold for about 30 seconds- see figure 3. Then, drop the chin towards the chest, allowing the back of the neck to lengthen. Hold for about 30 seconds and then bring the chin back to its normal neutral position- see figure 4.



figure 1



figure 2



figure 3

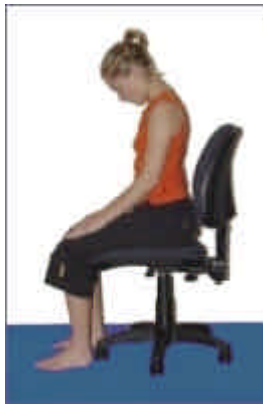


figure 4

If you experience any significant discomfort during these exercises, you likely have a problem with the joints of the spine or the muscles of the shoulder/neck region. Either way, it is important that you see your chiropractor before the problem becomes more serious. As well, if you experience any dizziness, blurred vision, or nausea during these exercises, discontinue them immediately and see your medical doctor.