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

Neck Stretches



1) LIE DOWN WITH YOUR KNEES BENT AND YOUR FEET ON THE FLOOR. PLACE YOUR FINGERS TOGETHER BEHIND YOUR HEAD AND LIFT YOUR HEAD OFF THE FLOOR. KEEP YOUR SHOULDERS ON THE FLOOR. FEEL FOR THE MUSCLES IN THE BACK OF THE NECK TO TIGHTEN. DON'T PULL TOO HARD. HOLD FOR TEN SECONDS AND REPEAT FOUR TIMES.



2) TURN YOUR HEAD 45 DEGREES TO THE RIGHT. DROP YOUR HEAD DOWN ON THE SAME SIDE (PUT YOUR NOSE IN YOUR ARMPIT). USING YOUR RIGHT HAND, GENTLY PULL YOUR HEAD DOWN AND HOLD FOR TEN SECONDS. KEEP YOUR LEFT SHOULDER DOWN. DO EACH SIDE THREE TIMES.



3) PLACE YOUR RIGHT HAND OVER YOUR HEAD AND ON YOUR LEFT EAR. ANCHOR YOUR LEFT SHOULDER DOWN ON A TABLE OR CHAIR. GENTLY PULL THE RIGHT EAR TO YOUR RIGHT SHOULDER. HOLD FOR TEN SECONDS. DO EACH SIDE THREE TIMES.