

## Neck Stretches

The following is a quick routine for stretching the neck and maintaining mobility.



Sit with a straight back then place one hand under the buttock. This holds the shoulder down and localises the stretch to the neck. Turn the head 45° away from the side being held down then reach over the top of the head with the other hand and gently stretch the head away from the side being held down. Hold a gentle, **painless** stretch for 10 seconds.



This stretch is exactly the same as the previous stretch but the head is turned 45° towards the side being held down.