

# NECK STRETCHES

1

## CERVICAL FLEXION



TILT YOUR HEAD DOWNWARDS, THEN RETURN BACK TO LOOKING STRAIGHT.

REPEAT: 5 TIMES  
HOLD: 5 SECONDS

5

## CHIN TUCK



SLOWLY DRAW YOUR HEAD BACK SO THAT YOUR EARS LINE UP WITH YOUR SHOULDERS,

REPEAT: 5 TIMES  
HOLD: 5 SECONDS

2

## CERVICAL EXTENSION



TILT YOUR HEAD UPWARDS, THEN RETURN BACK TO LOOKING STRAIGHT.

REPEAT: 5 TIMES  
HOLD: 5 SECONDS

6

## UPPER TRAPS



RETRACT YOUR HEAD BACK INTO A CHIN TUCK POSITION, MOVE YOUR HEAD TOWARDS ONE SIDE WITH THE HELP OF A HAND.

REPEAT: 5 TIMES  
HOLD: 5 SECONDS

3

## CERVICAL ROTATION



TURN YOUR HEAD TOWARDS THE SIDE, THEN RETURN BACK TO LOOKING STRAIGHT AHEAD. REPEAT WITH OPPOSITE SIDE.

REPEAT: 5 TIMES  
HOLD: 5 SECONDS

7

## LEVATOR SCAPULAE



PLACE YOUR ARM ON THE AFFECTED SIDE BEHIND YOUR BACK, USE YOUR OTHER HAND TO DRAW YOUR HEAD DOWNWARD TOWARDS THE OPPOSITE SIDE.

REPEAT: 5 TIMES      HOLD: 5 SECONDS

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## CERVICAL LATERAL FLEXION



TILT YOUR HEAD TOWARDS THE SIDE, THEN RETURN BACK TO LOOKING STRAIGHT AHEAD. REPEAT WITH OPPOSITE SIDE.

REPEAT: 5 TIMES  
HOLD: 5 SECONDS

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## CERVICAL LATERAL FLEXION



REPEAT: 5 TIMES  
HOLD: 5 SECONDS

GENTLY DRAW YOUR CHIN DOWNWARDS TOWARDS YOUR CHEST AS YOUR FINGERS ASSIST IN ADDING A STRETCH TO THE BACK OF YOUR HEAD.

QUESTIONS - PLEASE CONTACT NBSIA SAFETY SPECIALISTS  
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