## Eaton Chiropractic Neck Stretching Exercises

WARM-UPS, consisting of stretching and flexibility exercises should be performed for a minimum of 5-7 minutes before any aerobic exercise (walking, tennis, etc...).

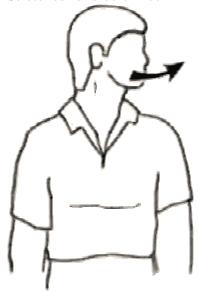
The right way to stretch is slow and relaxed. DO NOT BOUNCE. This can actually cause you to pull the muscle you are trying to stretch.

You should stretch to the point of "MILD TENSION". If you overstretch you will also cause damage. Back off if the stretch feels painful.

Hold the stretch for a minimum of 15 seconds

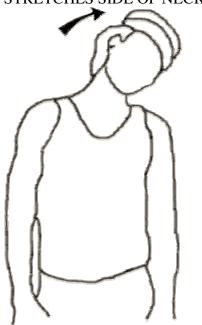
each, without bouncing. BREATHE slowly and naturally. Do not hold your breathe while stretching. Relax the stretch. Stretch one or two more times with each stretch. Try to stretch a little further with each stretch. Again, only to the point of mild tension.

## STRETCHING EXERCISES Stretches for side of neck



Stretches for side of neck: Sit or stand with arms hanging loosely at sides Turn head to one side, then the other Hold for 5 seconds, each side Repeat 1 to 3 times

## STRETCHES SIDE OF NECK



Sit or stand with arms hanging loosely at sides Tilt head sideways, first one side then the other Hold for 5 seconds Repeat 1-3 times

## STRETCHES BACK OF NECK



Sit or stand with arms hanging loosely at sides Gently tilt head forward to stretch back of neck Hold 5 seconds Repeat 1-3 times