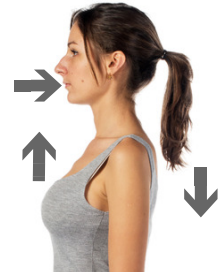


# Neck Stretches

Before you begin set your posture:

- Slide shoulder blades down the back
- Lift the centre of your chest up
- Pull chin back slightly



Put one of your arms beyond your back, opening up the front of your shoulder. Tilt your neck away from the arm that is behind your back. You can use your other arm to gently add traction.

There are many variations of this stretch.

This can be done with the ear dropping directly towards the shoulder to stretch the side of the neck, looking up slightly to stretch the front of the neck (as pictured) or looking down towards the armpit to stretch the back of the neck.



This stretch can also be done in a chair, sitting on your hand to ensure proper posture, rather than putting your arm behind your back.