

Lateral Neck Stretch



- Standing or sitting position
- Take right hand and place it on the opposite side of the head.
- Gently tilt your head purely lateral. Do not rotate head.
- Stretch should be felt on the left side of the neck.
 - Standing position. Place the left hand on lower back and reach to the right.
 - Sitting position. Grab the bottom of the chair with left hand.
- Perform on both sides.

- Frequency of stretch
 - Perform once or twice per day.
- Duration of stretch
 - Start with 2 minutes. Increase stretch by 30 secs every day until you reach desired duration between 5 to 10 minutes.
- Intensity of stretch
 - Mild to moderate intensity