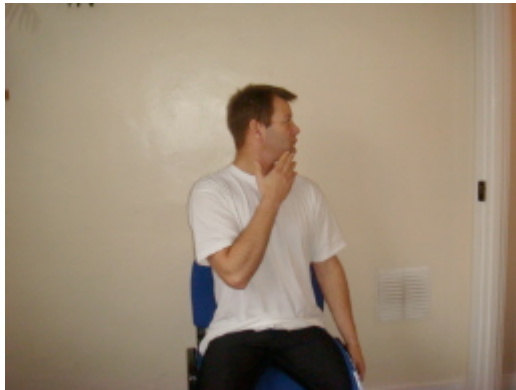
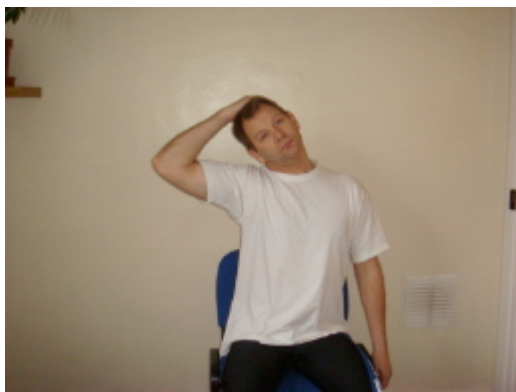


HERTFORD / STEVENAGE CHIROPRACTIC CLINIC

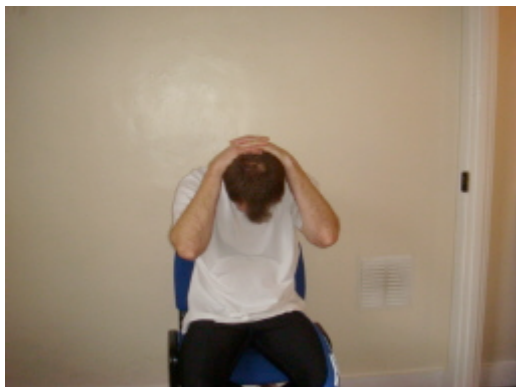
NECK STRETCHES



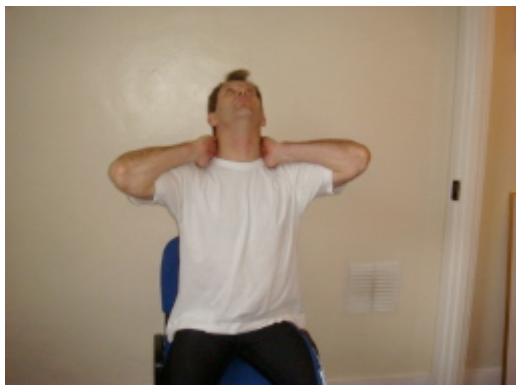
Start by looking over your shoulder. Now using your fingers on the side of your chin/jaw apply pressure to increase the rotation. Repeat to the other side. The whole series is to be repeated 3 times.



Place hand on opposite side of your head and gently pull ear to shoulder. Repeat on the other side.



Place hands on the back of your head, tuck your chin into your chest and drop your elbows forward. With breathing relax and stretch for about 20secs. for each exercise.



Now slide fingers down to small of the neck, not crossed. As you tilt your head backwards looking towards the ceiling, apply forward pressure to the back of the neck.