

9 Stretches to Relieve Neck Pain

1



Neck Glide: Slide your chin forward and back.

2



Neck Extension: Look up at the ceiling.

3



Neck Rotation: Turn your head side to side.

4



Lateral Extension: Lean your head to the side.

5



Shoulder Shrugs: Raise and lower your shoulders.

6



Tilted Forward Flexion: Lower your chin towards your chest.

7



Deep Stretching: Let your head fall to your shoulders.

8



Resistance Presses: Apply pressure to the back and front of your head.

9



Towel Pull: Use a towel to extend your head backward.

Relief From Head Neck And Shoulder Pain

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