

Easy Exercises to Reduce and Relieve Neck Spasms

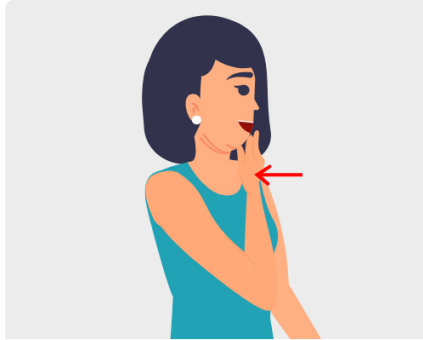
Time to Completion: 10 minutes

EXERCISE 1: CHIN TUCK - [REPEAT 5 TIMES](#)



STEP 1

Place your fingertips on your chin. Look straight.



STEP 2

Gently push your head straight back as if you are trying to make a double-chin.



HOLD FOR 5 SECONDS

STEP 3

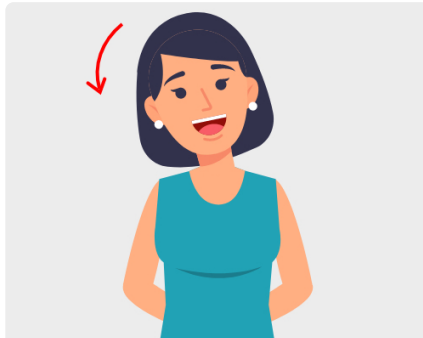
Keep looking forward as your head moves back. Hold and repeat.

EXERCISE 2: SCALENE STRETCH - [REPEAT 3 TIMES](#)



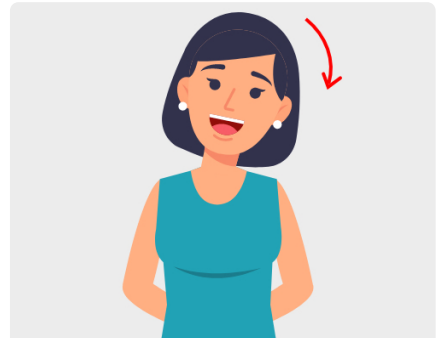
STEP 1

Sitting in an upright position, clasp both hands behind your back.



STEP 2

Lower your left shoulder and tilt your head toward the right.

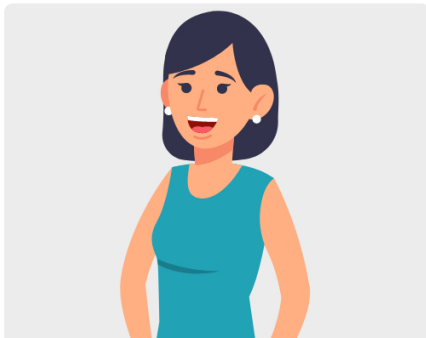


HOLD FOR 15 SECONDS

STEP 3

Hold and return to the starting position. Repeat on the other side.

EXERCISE 3: NECK ROTATION STRETCH - [REPEAT 3 TIMES](#)



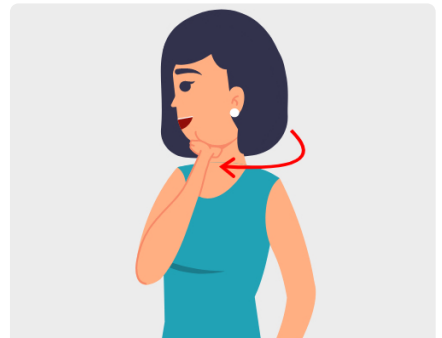
STEP 1

Rotate your neck by looking over your right shoulder.



STEP 2

Lift your right hand and place your palm on the left side of your chin.

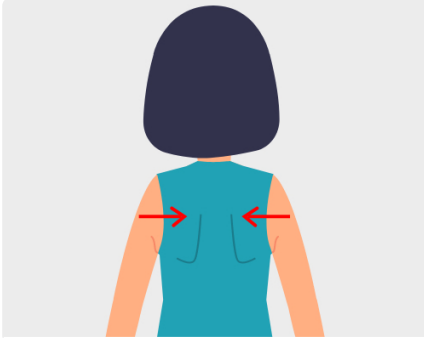


HOLD FOR 10 SECONDS

STEP 3

Push your chin with your palm toward your right shoulder. Hold and repeat.

EXERCISE 4: SCAPULAR SQUEEZE - [REPEAT 3 TIMES](#)



STEP 1

Sitting or standing with your arms by your sides.

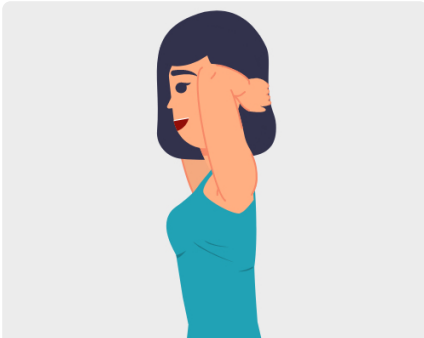


STEP 2

Squeeze your shoulder blades together. Hold and repeat.

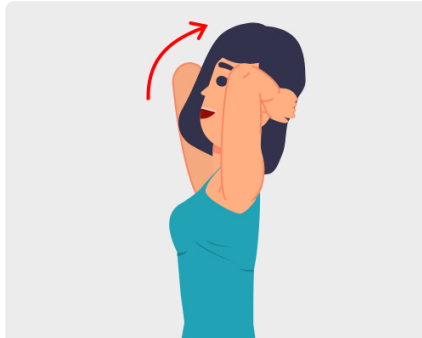
HOLD FOR 10 SECONDS

EXERCISE 5: THORACIC EXTENSION - [REPEAT 10 TIMES](#)



STEP 1

While sitting in a chair, claps both arms behind your head.



STEP 2

Gently arch backwards and look up towards the ceiling. Repeat.

HOLD FOR 1 SECONDS