

Easy Exercises to Reduce and Relieve Neck Strain

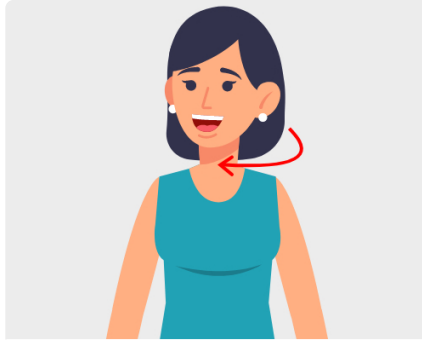
Time to Completion: 10 minutes

EXERCISE 1: ACTIVE NECK ROTATION - [REPEAT 10 TIMES](#)



STEP 1

Sit in a chair and keep your neck, shoulders and trunk straight.



STEP 2

First, turn your head slowly to the right. Move it gently to the point of pain.



STEP 3

Move it back to the forward position and repeat on the left.

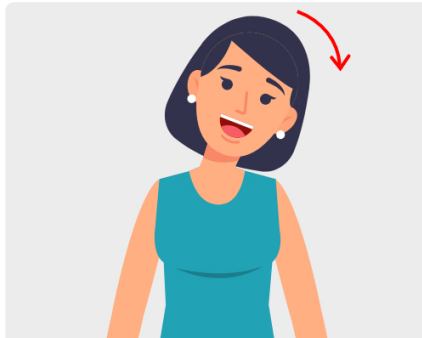
HOLD FOR 1 SECONDS

EXERCISE 2: ACTIVE NECK SIDEBEND - [REPEAT 10 TIMES](#)



STEP 1

Sit in a chair and keep your neck, shoulders and trunk straight.



STEP 2

Tilt your head as far as you can so that your right ear moves to your right shoulder.

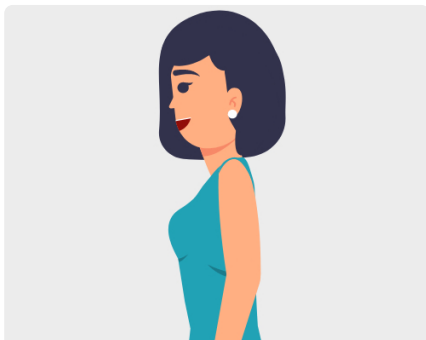


STEP 3

Then, tilt your head so that your left ear moves to your left shoulder.

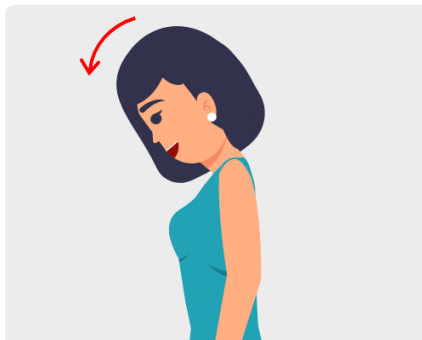
HOLD FOR 1 SECONDS

EXERCISE 3: NECK FLEXION - [REPEAT 10 TIMES](#)



STEP 1

Sit in a chair and keep your neck, shoulders and trunk straight.

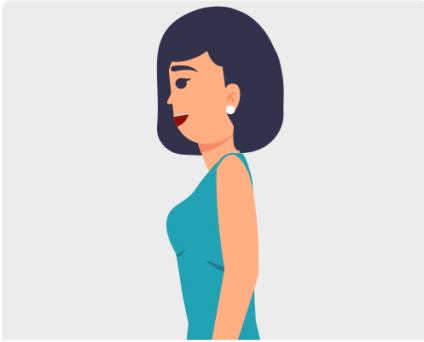


STEP 2

Bend your head forward, reaching your chin toward your chest. Hold.

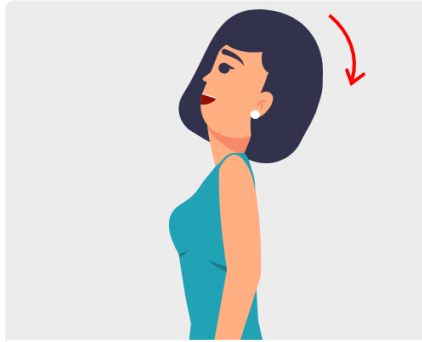
HOLD FOR 5 SECONDS

EXERCISE 4: NECK EXTENSION - [REPEAT 10 TIMES](#)



STEP 1

Sit in a chair and keep your neck, shoulders and trunk straight.

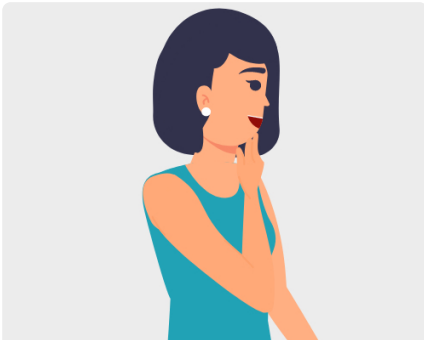


STEP 2

Bring your head back so that your chin is pointing towards the ceiling.

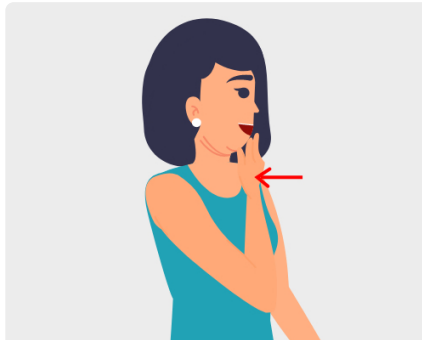
HOLD FOR 1 SECONDS

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



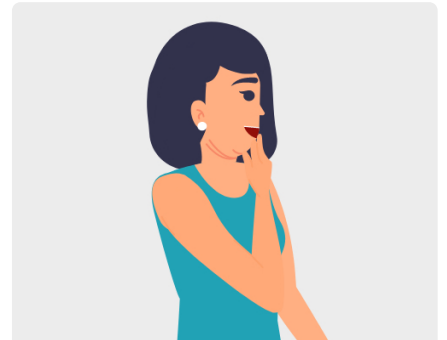
STEP 1

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.

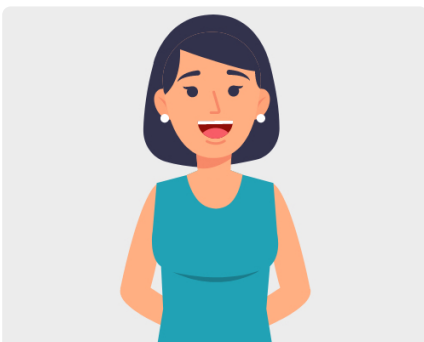


STEP 3

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

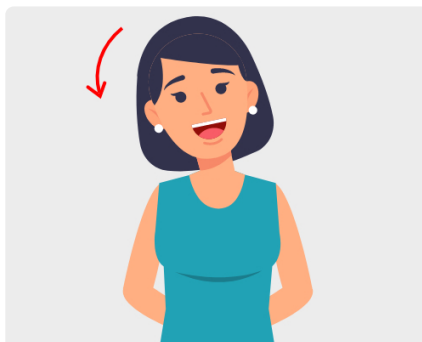
HOLD FOR 5 SECONDS

EXERCISE 6: SCALENE STRETCH - [REPEAT 3 TIMES](#)



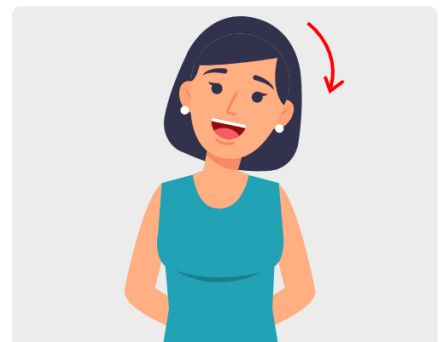
STEP 1

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



STEP 2

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



STEP 3

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

HOLD FOR 15 SECONDS

