

# 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

Turn your head slowly to the right. Move it gently to the point of pain. **Hold for 1 second.**



### STEP 3

Move it back to the forward position and repeat on the left. **Hold for 1 second.**

**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 is close to your right shoulder.

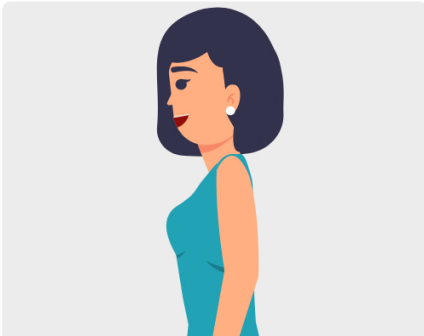


### STEP 3

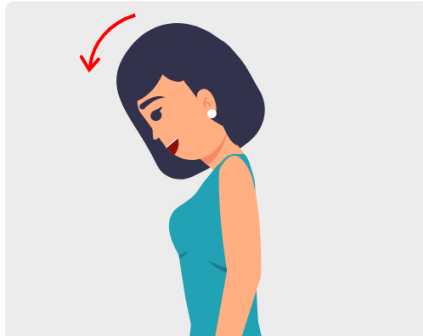
Then, tilt your head so that your left ear is close to your left shoulder.

**HOLD FOR 1 SECONDS**

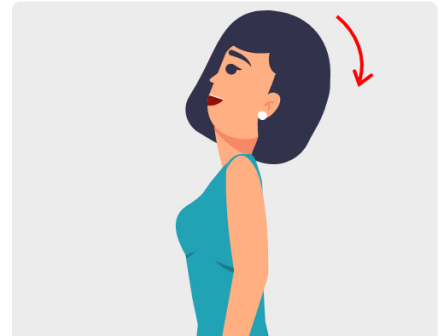
## EXERCISE 3: NECK FLEXION/EXTENSION - [REPEAT 10 TIMES](#)



### STEP 1



### STEP 2



### STEP 3

**HOLD FOR 5 SECONDS**

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

Bend your head forward, reaching your chin toward your chest. **Hold for 5 seconds.**

Bring your head back so that your chin is pointing towards the ceiling. **Hold for 5 seconds.**

**EXERCISE 4: CHIN TUCK - REPEAT 5 TIMES**



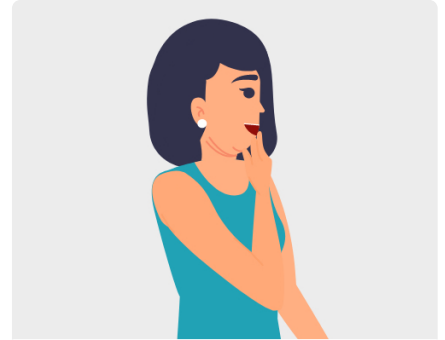
**STEP 1**

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 for 5 seconds.**

**HOLD FOR 5 SECONDS**

**EXERCISE 5: 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**

Return to the starting position and repeat on the other side.

**HOLD FOR 15 SECONDS**