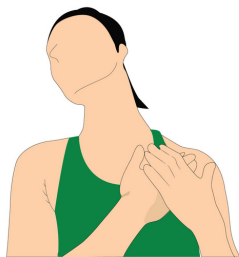


Anterior Neck Stretch



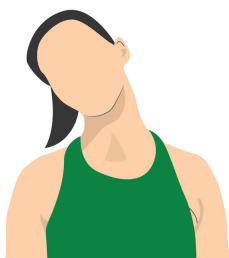
Hold for 10 seconds each side, Repeat

Side Neck Stretch



Hold for 10 seconds each side, Repeat

Trapezius & Neck Release



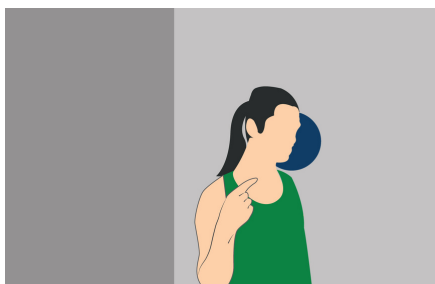
Hold for 30 seconds each side

Neck Stretch with Shoulder Rotation



Repeat 10 times

Neck Exercises Using A Ball



Work on all sides of the neck, pushing into ball.  
Do all directions as sets of 10

Neck Extensions



Perform 3 sets of 10

Visit the link below for video demonstration of exercises:

**CORECHIROPRACTIC.NET/NECK**