

# Neck Spasm Stretches

## Helps to:

- Reduce muscle tension
- Alleviate tension type headaches
- Assist with relaxation

## 1) Chin-over-shoulder stretch

### Technique:

- Relax your shoulders and lengthen your neck.
- Tuck your chin in by pulling your jaw backwards towards your spine.
- Rotate your head sideways until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Change sides and repeat stretch on other side.
- Repeat stretch 3 - 4 times on each side.

### For best results:

- Repeat this routine on a regular basis during the day.
- Perform entire stretch routine 3 - 4 times a week.
- Combine these stretches with our Neck Rehabilitation Exercise routine.

### Avoid doing if:

This stretch aggravates or causes pain.



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## 2) Chin-to-chest stretch

### Technique:

- Relax your shoulders and lengthen your neck upwards.
- Tuck your chin in by pulling your jaw backwards towards your spine.
- Roll your chin towards the top of your breastbone until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- **Repeat stretch 3 - 4 times.**

### Avoid doing if:

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## 3) Ear-to-shoulder stretch

### Technique:

- Hold the side of your head with your one hand.
- Place your other hand behind your back.
- Pull your head gently towards your right shoulder until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Change sides and repeat stretch on other side.
- Repeat stretch 3 - 4 times on each side.

### Avoid doing if:

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## 4) Arm-across-chest stretch

### Technique:

- Hold your outstretched arm with the opposite hand at the level of your elbow.
- Gently pull your arm across your body whilst keeping your shoulders straight until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as you can comfortably sustain.
- Exhale and return to starting position.
- Repeat stretch 3 - 4 times on each side.

### Avoid doing if:

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## 5) Shoulder blade stretch

### Technique:

- Interlock your fingers in front of your chest.
- Straighten your arms whilst pulling your shoulder blades apart until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Repeat stretch 3 - 4 times.

### Avoid doing if:

This stretch aggravates or causes pain.

