

**General**

To stretch the anterior neck muscles the following stretch can be used. This stretch should be terminated if you experience any symptoms of dizziness or visual changes while doing the stretch. Should you experience any of these symptoms it is highly recommended that you discuss them with your physician to rule out diseases like vertebral artery disease or arteriosclerosis. Once cleared for these diseases cranial bone or cervical vertebrae dysfunction may elicit these symptoms.

This exercise needs to be done every 2 hours for 10 repetitions. Perform them with your back supported by a high-back chair.

Stretching the Anterior Neck Muscles



Figure A: Starting position in a comfortable posture in a high-back chair with hands in lap. Figure B: Tuck your chin as far back as possible and inhale deeply. Figure C: While holding your breath, rotate your head to look at the sky. Then exhale and return to the starting position (figure A).

Sit on a chair and grasp the seat at your side near the seatback, then starting by sidebending your head to your opposite shoulder lean and sidebend toward your opposite hip.

Hold this stretch for 20-30 seconds or 3 deep breaths (fully inhaling and exhaling). Repeat this stretch 2-3 times for each side. Then repeat the whole routine 2-3 times a day.

Stretching Lateral Muscles

