



Routine For:
Created By: James Pamplin, DC

02-24-2012
Neck Passive Stretches



Lay on your side on a bed or couch. Let your head fall to the the side. If too uncomfortable, put a small pillow under your head so there is less strain. Hold 20 seconds. Repeat on the other side.

Repeat 3 times each way per session. Do 2 sessions per day.



Lay off the edge of the bed or couch and let your head fall back. Hold 20 seconds.

Repeat 3 times. Do 2 sessions per day.



Lay on your back and let your head turn to one side. Hold 20 seconds and repeat on other side.

Do 3 sets per session and 2 sessions per day.
