

Neck Exercises

Compare the range of motion on the left and right – aim for symmetry.
Hold stretches for 30 seconds and repeat 1-5 times on each side.

1. Trapezius

Sit or stand up tall, with good posture. Tip ear toward shoulder, keeping chin slightly tucked (not pointing toward ceiling). Clasp hands behind the back and shrug shoulders downward. Tilt ear toward shoulder as above. Repeat on each side.



2. Levator Scapulae

Sit or stand up tall with good posture. Turn your face 30-40 degrees and tilt the head downward. Ensure that the neck maintains a smooth "C-shaped" curve. Repeat on other side.

3. Sternocleidomastoid/Scalenes

With tall posture, stretch one ear toward the ceiling. Keep neck long and try not to tip your head back. Repeat on other side.

