

Neck Stretches

Stretching the neck regularly is beneficial for increasing range of motion and decreasing chronic tension and pain. The stretches described and demonstrated in the video are enough to help elongate the spine and increase your range of motion when combined with regular Brugger's and Negative Z exercises.

You may already have neck stretches that you do on a regular basis; if you are doing other stretches or exercises, just make sure to add these stretches to that routine. There are additional neck stretches that can be worked into a regular stretching routine.

When beginning, these neck stretches should be completed once a day, or at least every other day. The video describes how to start in terms of length of time for each stretch and hold and how many stretches to do each day. Here is a breakdown of what to start with:

- Hold each individual stretch for at least 45 seconds
- With each stretch, alternate sides
- Each stretch should be completed at least twice

As you progress through your program, you should increase the length of time for each stretch and increase from 2 repetitions to 5 repetitions for each stretch. You should aim to hold each stretch for up to 90 seconds.

Once you have reached a point where you are doing 5 rounds of stretching for 90 seconds per stretch, they can be completed just once every other or every third day.

To reach that goal, start by adding 15 seconds to the length of time of each stretch every week. Once you get to a sustained hold of 90 seconds per stretch, add another round of stretching every 2 weeks to reach the goal of 5 rounds.

Remember, while stretching, we want to be doing the abdominal breathing as much as possible. This will allow your muscles to relax in order to maximize the results of your stretching.

If you have any questions about the stretches or are unsure if you are completing them correctly, let us know at your next visit. We can test them out with you to ensure you are completing these correctly. Happy stretching!

