Easy exercises to keep your neck healthy

Your neck should be able to move freely forwards, backwards and sideways. Some people, however, find that movement is limited in at least one direction and all of us will suffer at least once in our lives from a stiff neck.When performing neck exercises always stop immediately if symptoms such as dizziness occur. Never force movements and always perform them slowly and carefully. Check with your chiropractors before beginning an exercise program.

Chest Stretch
Sitting at a desk all day shortens the chest muscles and this can be the cause of shoulder pain as tight pecs pull the shoulders forward. Grasp the hands behind the back and move them out behind you as far as possible.

Rotation Stretch
Staring straight forwards at a screen all day isn't good for the neck.
Gently stretch by looking over your right shoulder, holding for 10 seconds and then looking over the left shoulder for 10.

Lateral Neck Stretch
Tight muscles in the sides of the neck is a common complaint. Take the head over to the side and apply further pressure using the hand as shown to increase the stretch.

Neck Pain

Posterior Neck Stretch
The muscles at the back of the neck commonly feel tight as they overwork to hold the head upright.
Tuck the chin in and tilt the head down towards the chest. Use another hand to apply pressure on the head if nececssary.

SCM Stretch
The Sternocleidomastoid is the large, rope like muscle at the front of each side of the neck. This becomes tight with a forward head position. Stretch by looking over the right shoulder, and then tilting the head back.

Upper Back Stretch
The rhomboid and posterior shoulder muscles are often the ones that feel most tight in office workers. Stretch by bringing one arm across your body, keeping the shoulder depressed and pulling it in with the other arm.

This healthy living information is provided by your Doctor of Chiropractic and the Idaho Association of Chiropractic Physicians (IACP) .