

WHS Fact Sheet – Neck Stretches

Neck Stretches

To complete any stretches of the neck, it is important to start with your head in a neutral position. This means your head should be facing forward and your shoulders nice and relaxed. Remember to:

- Use slow and gentle movements
- Only stretch as far as you feel comfortable
- Breathe normally – do not hold your breath
- Stretch both sides of your body

Note: Seek medical advice prior to starting new stretches if you have an injury or medical condition.

Stretch One

- Start with your head in a neutral position.
- Bend your neck slowly to one side – move your ear towards your shoulder. You should feel this stretch on the other side of your neck.
- Hold this position for 15-30 seconds and then slowly bring your head back to the starting position.
- Repeat the same movement on the opposite side.

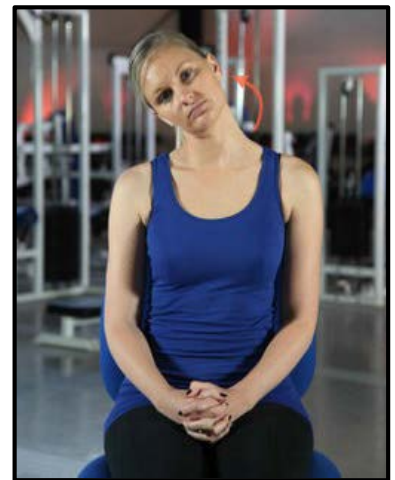


Figure 1. Stretch One

Stretch Two

- Start with your head in a neutral position.
- Turn (or rotate) your head to one side while keeping your shoulders still and relaxed – like looking over your shoulder. You should feel this stretch on the other side of your neck and shoulder.
- Hold this position for 15-30 seconds and then slowly bring your head back to the starting position.
- Repeat the same movement on the opposite side.



Figure 2. Stretch Two

Looking after yourself

- Vary tasks

Repetitive movements performed over a long period of time are not the body's best friend. Break up tasks regularly throughout the day to give some muscle groups a break and allow another to be more active. This may mean completing some hardcopy reading for 20 minutes prior to completing an hour of computer based tasks, or packing/unpacking a trolley of boxes varied with a less physical task.

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Stretch Three

- Start with your head in a neutral position.
- Move your chin slowly upwards towards the ceiling.
- Hold this position for 15-30 seconds and slowly return to the starting position.
- Slowly lower your chin towards your chest.
- Holding this position for 15-30 seconds before returning to the starting position. You should feel these stretches along the back of our neck and shoulders.



Figure 3. Stretch Three

Stretch Four

- Start with your head in a neutral position.
- Without tilting or tipping your head, slowly move your head backwards so that you feel like you have a double chin.
- Hold this position for 15-30 seconds and then slowly bring your head back to the starting position.

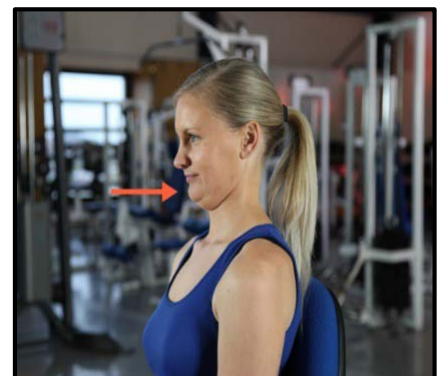


Figure 4. Stretch 4

Looking after yourself

- Take regular breaks – these do not need to be long!

A few minutes to get up and walk around the office and complete 4 x 30 second stretches will not take more than 5 minutes to complete. You may actually be more productive and you will feel a lot better by the end of the day.

- Drink plenty of water

Keep a water bottle or cup on your desk. We tend to notice symptoms of discomfort when we do not drink enough water. This way you can guarantee you will get up and move around to refill your water bottle/cup and go to the bathroom

If additional information is needed, please contact the [WHS Unit](#).

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