

Stein Chiropractic
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www.steinchiropractic.org
Neck Extensions



Keep your head neutral while sitting in a chair. For best results do not lean back in the chair, but keep your abs tight.



Slowly look upward until a gentle stretch of the neck muscles in your neck are felt. Hold the stretch for about 18 seconds, and then return to the neutral position.

Exercise is not without its risks and this or any other exercise program may result in injury. Please consult your doctor before beginning this or any exercise program. As with any exercise program, if at any point you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician. For more info, please read the full disclaimer on Dr Stein's Website: www.steinchiropractic.org/exerciseandstretches