

Neck Stretches

Objective

To reduce stiffness and improve range of movement of throat and neck muscles. These allow the muscles to move flexibly during swallowing.

Instructions



Sit up straight.
Turn your head to the left and look over your left shoulder. Place your left hand on your cheek to extend the stretch.
Hold for **10 seconds**.
Do this **times.**



Repeat this for the other side.
Hold for **10 seconds**.
Do this **times.**



Lift your head gently and look up.
Hold for **10 seconds**.
Do this **times.**



Hold your chin to your chest.
Hold for **10 seconds**.
Do this **times.**