

RELEASE NECK TENSION



FIT TO LOG

Spend 5 minutes relaxing these muscles once an hour, and do a more thorough relaxation session after work to keep your back and neck pain free.

START IN NEUTRAL POSITION:



- ☐ Stand tall and make sure your pelvis is underneath you.
- ☐ Draw in your lower belly to activate your core.
- ☐ Put your fingers on your chin and shift your head back until the vertebrae of your neck line up with the rest of your spine.

STRETCHING THE BACK OF YOUR NECK:

- ☐ Put your hands behind your head and gently drop your chin toward your chest.
- ☐ Contract the back of your neck by lifting your head up against your hands - resist the movement with your hands, contracting for 3 seconds.
- ☐ Relax completely, leaving your hands in place. Repeat the contract-relax cycle 3 times.
- ☐ After the last relaxation use your hands to increase the stretch on your neck. Hold for 30 seconds and repeat the whole cycle.



STRETCHING THE SIDES OF YOUR NECK:



Do these exercises on each side of your neck.

- ☐ Put your hand on the side of your head and gently drop your ear towards your shoulder.
- ☐ Contract the side of your neck by pushing your head against your hand - resist the movement, contracting for 3 seconds.
- ☐ Relax completely, leaving your hand in place. Repeat the contract-relax cycle 3 times. After the last relaxation use your hand to increase the stretch on your neck. Hold this position for 30 seconds and repeat the whole cycle.