

# Neck Range of Motion



Figure 1

Figure 2

Figure 3

Figure 4



Figure 5

Figure 6

- Sit or stand in a comfortable “neutral position”
- Turn your head to your right (figure 1), stopping when you feel the first sign of restriction
- Turn your head to the left (figure 2). Do not rotate into a stretch.
- Continue this right to left rotation 20 times.
- Tilt your head forward (figure 3), stopping when you feel the first sign of restriction.
- Tilt your head backward (figure 4). Do not allow your neck to “pinch”.
- Continue this forward to backward tilting 20 times.
- Tilt your head to your right (figure 5), stopping when you feel the first sign of restriction.
- Tilt your head to your left (figure 6), Do not allow your neck to “pinch”.
- Continue this right to left tilting 20 times.

**Perform this range of motion maneuver 2 times per day.**

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