

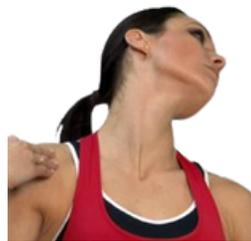
# NECK STRETCHES

In our modern world, we constantly find ourselves looking down—whether for work, studying, or using our devices. This can strain our neck and the surrounding joints. With many nerves running through the neck, stretching the muscles in this area can help improve muscle pain, joint mobility, and posture. Check out the stretches below to support the health of your neck and surrounding joints.

**Stop if you feel any pain while performing these stretches.** If you have a history of any neck surgery, injury, or serious pain, **discuss with your doctor before attempting these exercises.**



Side Neck Bend Stretch



Front Neck Stretch



Neck Rotation



Seated Neck Clasp Stretch



Back Neck Stretch

