



Neck Lift

To supplement the care you are given by your therapist, this self-stretch aids in stretching the upper back, neck, and base of the skull. It is best performed against a soft fronted couch or heavy chair, but you can improvise with a medium sized inflatable exercise ball.

Position yourself on the floor in front of the couch. Lift your head and shoulders as pictured in the top photo. Place the back of your head and neck in contact with the couch and soften your arms and body. When correctly performed, you should feel like there is a pulling or traction in the neck and upper back, possibly into the lower back. If you feel nothing but pushing forward of your head, reposition and try again. Hold for 5-10 minutes, or as directed by your therapist. This stretch should be reviewed with your therapist to assure that it is safe for you and that you have the correct position.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

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