EXERCISE 5

Stretching exercises

Exercises for the cervical spine should be performed systematically, not only when the pain is already present. Regular implementation of properly selected sets of exercises can protect against the occurrence of ailments.

Exercises for the cervical spine can be done almost anywhere, even during a break at work.

Step 1

Take a sitting or standing position. Place your left hand next to your left ear, then tilt your head to the left, while resisting with your left hand.

Perform the exercise for 10-15 seconds. Repeat the exercise on the right side.

Step 2

Interlace your hands behind your head, then press your head with all your strength on the clasped hands and do not let it lean back.

Perform the exercise for 10-15 seconds. Repeat the whole thing 2-4 times.

Step 3

Put your hands on your forehead. Push your head against it with all your might.

Perform the exercise for 10-15 seconds. Repeat the whole cycle 3-4 times.

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