

3 Quick Neck Relief Exercises At Work

1. Head drop

Retract your neck. Slowly look upwards and tilt your head backwards and return to original position. Repeat 10 times.



2. Side bend

Stand tall and look straight ahead. Gently guide right ear towards right shoulder with right hand. Stop when you feel a stretch on left side of neck. Return to original position and repeat 5 times on each side.



3. Flex

Retract your neck. Clasp hands behind head and gently guide head down, bringing chin towards chest. Stop when you feel a stretch at the back of your neck. Return to original position. Repeat 5 times in each direction.

