

## Neck Stretch with Muscle Energy Techniques Step #2



- Step 1: Place hand under your butt with palm up to anchor your shoulder
- Step 2: Place opposite hand on side on your chin and turn (rotation) your head toward shoulder until you feel a gentle stretch.
- Step 3: M.E.T. Slightly push your chin into your hand as you provide gentle resistance.
- Step 4: Exhale, and stretch to your next end ROM (Range of Motion)

**Note: Keep your shoulder square and don't rotate your torso.**