

Neck Exercises

The following stretches can keep your neck muscles flexible and strong. A regular neck exercise program can help relieve stiffness and muscle tension.



Tilt From Front To Back

- Tilt your head slowly back, far enough so you can look up.
- Hold posture for a moment.
- Return slowly to front position.
- Do 5-10 repetitions of this exercise 3 times a day.



Tilt From Side To Side

- Keep your head straight as you slowly tilt it over to the side.
- Don't go so far that you touch your ear with your shoulder.
- Hold posture for a moment.
- Return your head to center position.
- Move your head to your opposite shoulder.
- Do 5-10 repetitions of this exercise three times a day.



Rotate Head From Side To Side

- Slowly turn your head as far as you can.
- Hold posture for a moment.
- Return your head to the center.
- Move your head in the opposite direction.
- Do 5-10 repetitions of this exercise 3

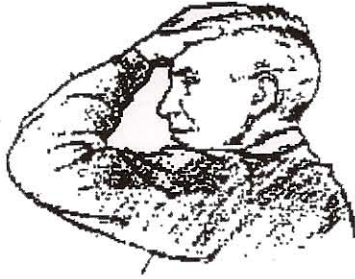


Side Resistance

- Hold one hand against the side of your head.
- Use your hand to resist the movement as you try to touch your shoulder with your ear.
- Hold this posture for a count of 5.
- Relax and repeat on opposite side.
- Do 5-10 reps of this exercise 3 times a day.

times a day.

Hand Resistant Exercises



Forward Resistance

- Hold both hands against your forehead.
- Try to move head forward, but resist the movement with your hands.
- Hold this posture for a count of 5.
- Relax.
- Do 5-10 Repetitions of this exercise 3 times a day.



Backward Resistance

- Place both hands behind your head.
- Try to move head backwards, but resist the movement with your hands. Don't tip chin.
- Hold this posture for a count of 5.
- Relax.
- Do 5-10 reps 3 times a day.

This information is not intended as a substitute for proper health care. If you are being treated for a neck problem, exercise under the direction of your health care provider.



General Instructions: Move gently into position until a stretch is felt, hold for designated time without bouncing. If any pain or increase in symptoms is felt stop the exercise and consult your physician or therapist.

Active Neck Lateral Flexion

Tilt head and ear toward shoulder, then repeat to opposite side. HOLD 20 SECONDS



Repeat 3 time(s) on each side.
Do 2 session(s) per day.

Active Neck Rotation

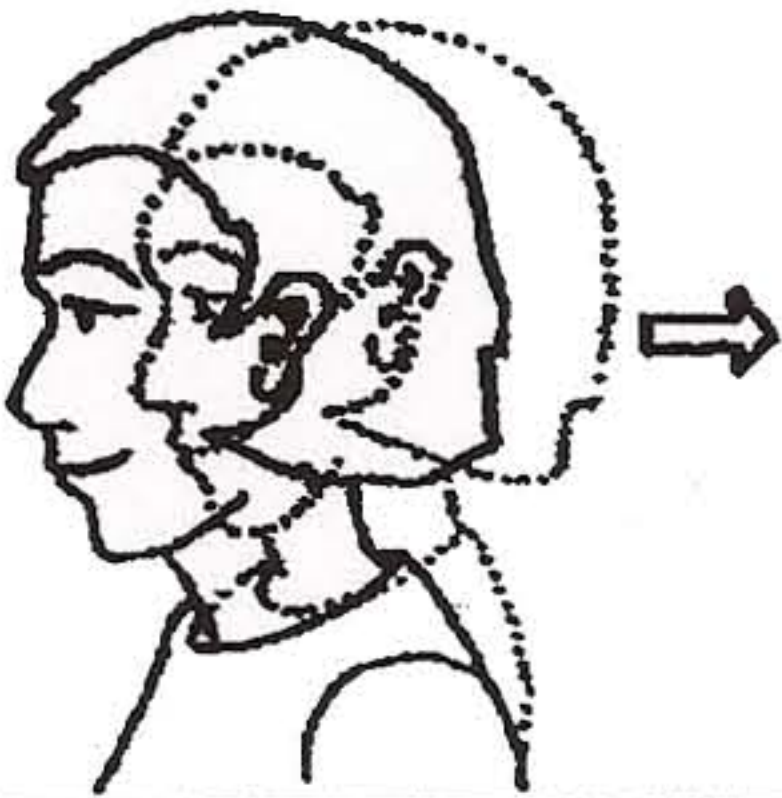
Rotate head to one side. Repeat on other side. HOLD 20 SECONDS



Repeat 3 time(s) on each side.
Do 2 session(s) per day.

Active Neck Axial Extension (sitting)

While sitting upright with proper posture, face a mirror, tuck chin in and pull head straight back. Do not tip head to side, up, or down.



Hold 10 seconds. Relax.
Repeat 5 time(s).
Do 2 session(s) per day.

Lower Cervical / Upper Thoracic Stretch

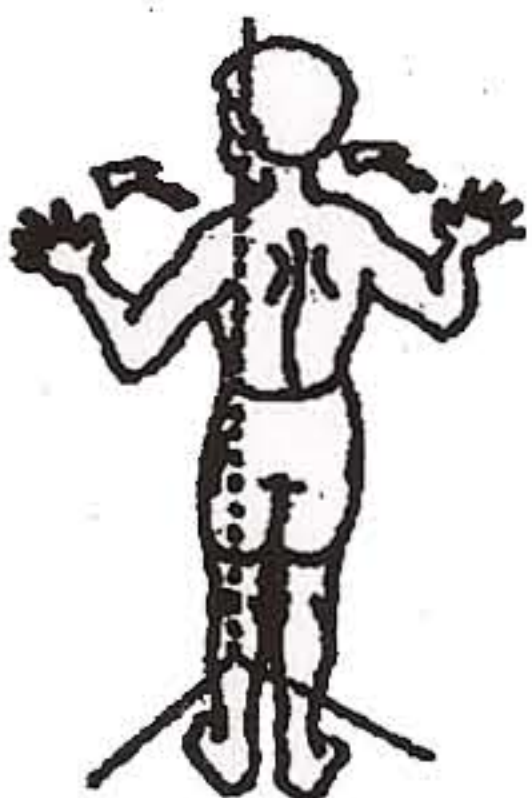
Clasp hands together in front extending your arms down and away by pulling your shoulder blades apart. Then gently bend your head forward until a stretch is felt.



Hold 20 seconds. Relax.
Repeat 3 time(s).
Do 2 session(s) per day.

Corner Stretch

Standing facing corner, place hands at shoulder level as shown, then lean forward until a gentle stretch is felt across chest.



Hold 20 seconds, then return to starting position.
Repeat 3 time(s).
Do 2 session(s) per day.

Upper Trapezius Stretch

This is an advanced stretch, begin after performing other stretches for several sessions. Reach behind back with one hand, then grasp side of head with other hand and gently tilt the head until a stretch is felt.



Hold 20 seconds. Relax.
Repeat 3 time(s) on each side.
Do 2 sessions per day.