

NECK EXERCISES



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These exercises help to stretch and strengthen your neck. Before beginning an exercise, read all its instructions. While exercising, breathe normally and use smooth movements. If you feel new or increasing pain, stop the exercise. If pain persists, tell your healthcare provider.

□ ACTIVE NECK ROTATION

- 1 Lie on your back with your knees bent and your feet flat on the floor. For extra comfort, place a neck roll or a rolled-up towel under your neck. Look straight at the ceiling.
- 2 Turn your head slowly to the side, keeping your chin level.
- 3 Hold for ____ seconds. Return to center. Repeat ____ times on each side, bringing your head back to starting position between each turn. Do ____ sets a day.



CAUTION

- Don't force any motion.
- Go only as far as you can comfortably.

□ FACE CLOCK

- 1 Lie on your back with your knees bent and your feet flat on the floor. Look straight ahead.
- 2 Imagine your head against the face of a clock. Slowly draw the outer edge of the clock with your nose. Go clockwise first, then counterclockwise.
- 3 Repeat ____ times in each direction. Do ____ sets a day.

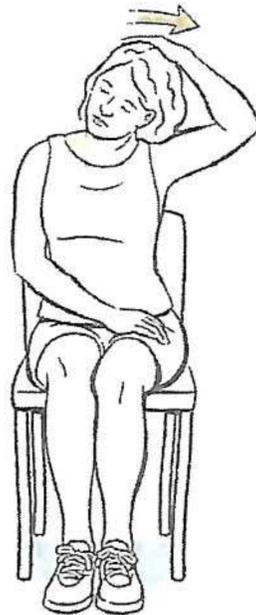


CAUTION

- Don't stay in one position too long. Keep your head moving to avoid tightening your muscles.

□ TENSION RELEASE

- 1 Sit up straight in your chair. Tucking your chin slightly, tilt your head to the left.
- 2 Placing your left hand on the upper right side of your head, gently pull your head to the left. Hold for ____ seconds, then return to the starting position.
- 3 Repeat ____ times on each side. Do ____ sets a day.

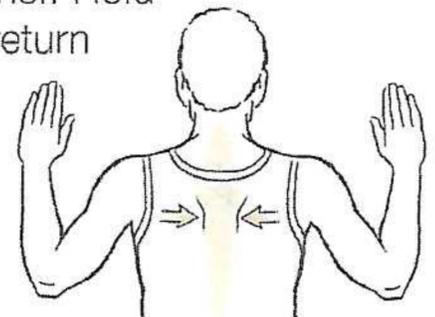


CAUTION

- Don't force any motion.
- Go only as far as you can comfortably.

□ SHOULDER SQUEEZE

- 1 Bend your elbows and point your fingers upward. Lift your elbows out from your sides until your wrists are at shoulder height.
- 2 Keeping your fingers pointing up, push your elbows backward to squeeze your shoulder blades together. Hold for ____ seconds. Slowly return to the starting position.
- 3 Repeat ____ times. Do ____ sets a day.

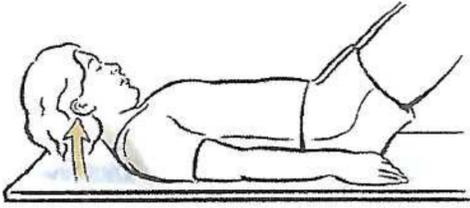


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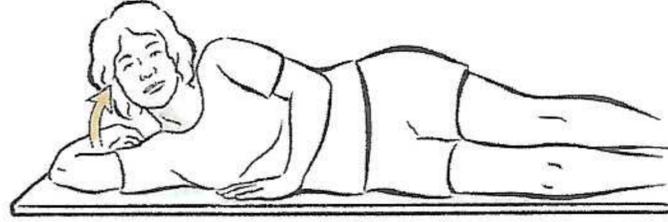
- Don't arch your back.
- Don't hunch your shoulders.
- Don't hold your breath.

□ HEAD LIFTS

- 1 Lie on your back with knees bent and feet flat on the floor. Tuck your chin and lift your head toward your chest, keeping your shoulders on the floor. Don't hold your breath. Hold for ____ seconds. Repeat ____ times. Do ____ sets a day.



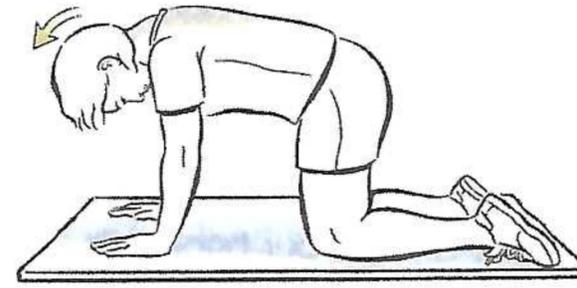
- 2 Lie on your right side, with your head resting on your right arm or a pillow. Lift your head slowly toward your left shoulder. Hold for ____ seconds. Repeat ____ times on each side. Do ____ sets a day.



CAUTION

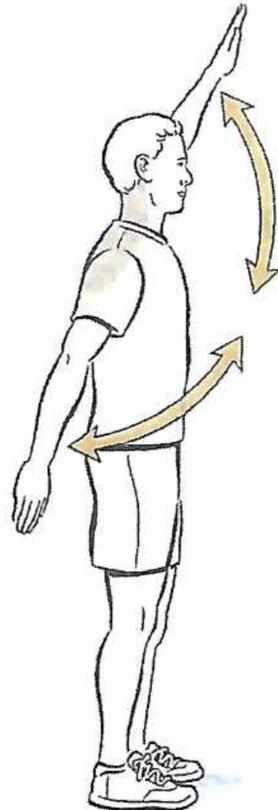
- Kneel on carpet or a pad to protect your knees.

- 3 Get on your hands and knees. Keep your back straight. Slowly lower your chin toward your chest. Hold for ____ seconds. Raise your head back to neutral. Repeat ____ times. Do ____ sets a day.



□ ARM LIFT

- 1 Stand with a straight back. Align your ears over your shoulders.
- 2 Keeping your arms straight, alternately raise and lower them in front of you. Move in slow, smooth arcs.
- 3 Repeat ____ times. Do ____ sets a day.

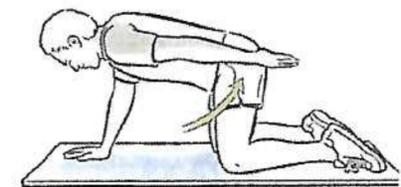
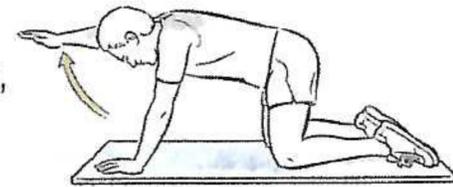


CAUTION

- Don't lock your knees.
- Don't arch your back.

□ REACH AND HOLD

- 1 Get on your hands and knees, with knees apart under your hips. Tighten your stomach muscles. Keeping your head and neck straight, raise one arm straight ahead of you. Repeat ____ times with each arm.
- 2 Lift one arm to the side. Repeat ____ times with each arm.
- 3 Lift one arm to the back, palm up. Repeat ____ times with each arm. Do ____ sets a day.



CAUTION

- Don't arch your back or neck.
- Kneel on carpet or a pad to protect your knees.