

# Exercises To Strengthen The Neck

The following is a group of isometric exercises designed to strengthen your neck muscles. If any of these exercises causes pain, dizziness, loss of balance, or other similar symptoms, stop the exercise immediately and contact your doctor. Do not use any additional weights or devices when doing these neck exercises. An application of moist heat before you begin your exercise program will often lessen the soreness caused by performing the exercises.

## Flexion Isometric

29.

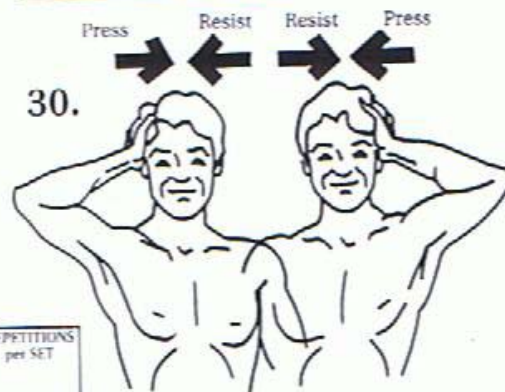


SETS	REPETITIONS per SET

29. Press your palms against your forehead and push against each other, resisting motion. Hold for 5 seconds, slowly relax. Do exercise three times per set. Do as many sets or repetitions as recommended by your doctor.

## Lateral Isometric

30.



SETS	REPETITIONS per SET

30. Place your hand against the side of your head. Attempt to bring your ear to your shoulder, resisting motion. Repeat the exercise on the opposite side. Hold for 5 seconds, slowly relax. Do as many sets or repetitions as recommended by your doctor.

## Extension Isometric

SETS	REPETITIONS per SET



31.



31. Cup both hands against the back of your head. Try to push your head back, resisting motion. Hold for 5 seconds, slowly relax. Do as many sets or repetitions as recommended by your doctor.

SETS	REPETITIONS per SET

32. Place your right hand against your right temple. Attempt to turn your chin to your right shoulder, resisting motion. Repeat exercise on opposite side. Hold for 5 seconds, slowly relax. Do as many sets or repetitions as recommended by your doctor.

## Rotation Isometric

32.

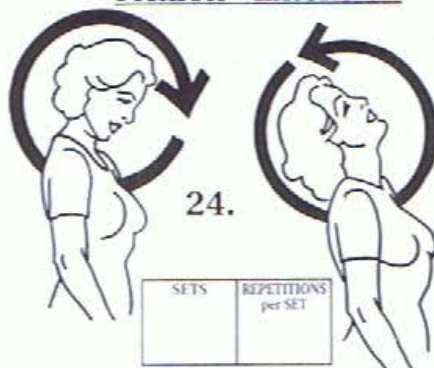


# Exercises To Stretch And Restore Range Of Motion To The Neck

Note: Do not forcefully move your head when doing any of these movements. If you experience pain, dizziness, loss of balance or similar symptoms, stop the movement or exercise immediately. Contact your doctor for further advice.

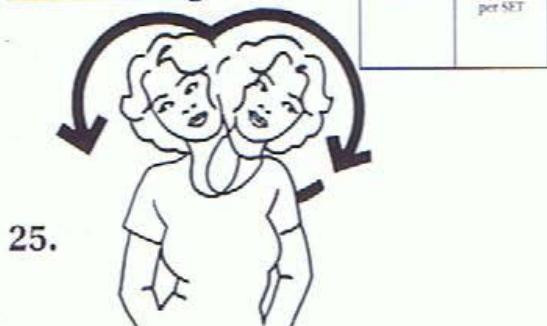
The following is a group of mobilizing and stretching exercises designed to increase the range of motion in your cervical spine (neck). As you gain mobility in your neck, you should notice greater movement and less stiffness. Do not use any additional weights or devices when doing these exercises. Application of moist heat before you start may aid in your ability to perform these movements.

## Flexion - Extension



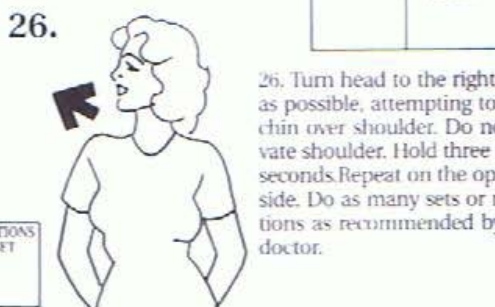
24. Tuck your chin. Gently bend the head forward, attempting to touch your chin to your chest. Gently bend your head backwards to its limit. Do as many sets or repetitions as recommended by your doctor.

## Side Bending



25. Bend the head to the right as far as possible, attempting to touch your ear to your right shoulder. Do not rotate your head when doing this exercise. Bend the head to the left and repeat the exercise. Do as many sets or repetitions as recommended by your doctor.

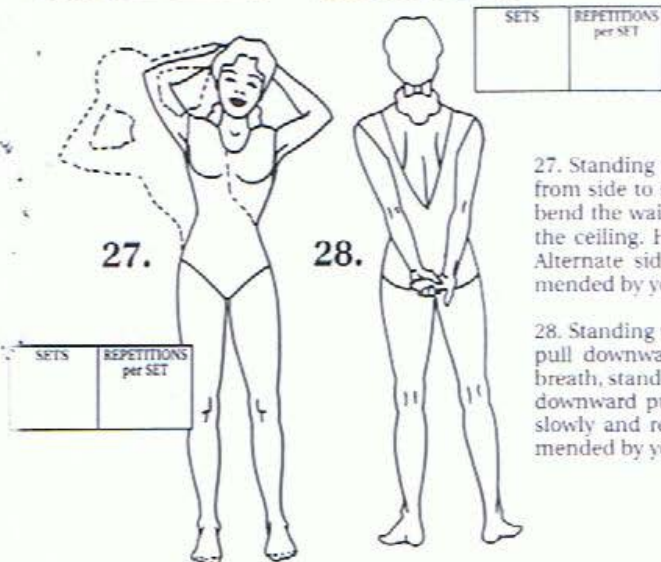
## Neck Rotation



26. Turn head to the right as far as possible, attempting to bring chin over shoulder. Do not elevate shoulder. Hold three to five seconds. Repeat on the opposite side. Do as many sets or repetitions as recommended by your doctor.

## Lateral Bending

## Chest Stretch



27. Standing with feet apart, place hands behind head. Bend from side to side, bending only with the upper back. Do not bend the waist or hips. Attempt to reach the upper elbow to the ceiling. Hold each movement for three to five seconds. Alternate sides. Do as many sets or repetitions as recommended by your doctor.

28. Standing with feet apart, clasping hands behind the back, pull downward toward the floor with hands. Take a deep breath, stand on toes and look at the ceiling while exerting the downward pull. Hold for three to five seconds, then exhale slowly and relax. Do as many sets or repetitions as recommended by your doctor.