

Neck Exercises

1



CERVICAL ROTATION

Turn your head towards the side until you feel a stretch, then return back to looking straight ahead.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Times a Day

4



CERVICAL RETRACTION / CHIN TUCK

Slowly draw your head straight back so that your ears line up with your shoulders as if you are making a double chin. Ensure you are not looking down and head from tilting.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Times a Day

2

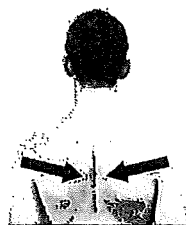


CERVICAL SIDE BEND

Tilt your head towards the side until you feel a stretch; as if you are bringing your ear to shoulder. (Be sure to keep your eyes and nose pointed straight ahead the entire time)

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Times a Day

5



SCAPULAR RETRACTIONS

Draw your shoulder blades back and down. Pinch them together as if you are trying to hold a pencil between them.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Times a Day

3

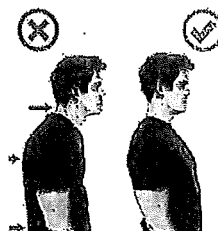


UPPER TRAP STRETCH - HAND ON HEAD

Begin by tilting your head to the side as if you are aiming to touch your ear to your shoulder. Then with the help of your hand for light over pressure until you feel a stretch on the opposite side of your neck.

Repeat 2 Times
Hold 30 Seconds
Perform 2 Times a Day

6



PROPER CERVICAL AND SPINAL POSTURE

Good posture positions your head over your shoulders so that your head is not protruding forward. Your ears should be over your shoulders.

Begin by correcting your low back so that it is not slouched. This will correct much of the spine. You may also need to perform a small chin tuck as well.

The image on the right shows how you should position your head and spine throughout the day. This might be difficult at first but over time will get easier as your body adjusts. Try holding for 1 minute and repeat several times