

NECK EXERCISES

The following exercises are designed to improve range of motion and strength of the neck.

1. Cervical Rotation

Sit upright. Rotate your head slowly to face the right. Hold for 2 seconds. Then rotate your head slowly to the left. Hold for 2 seconds.

Rotate your neck ____ times on each side, ____ times per day, ____ days per week.



2. Flexion/Extension

Sit upright. Tuck your chin to your chest to look downward. Hold for a count of 2. Then extend your head backward to look upward. Hold for a count of 2.

Tilt your head forward and backward ____ times, ____ times per day, ____ days per week.



3. Lateral bending

Sit upright. With right hand, pull head down toward right shoulder. Hold for a count of 5. Relax. Do the same maneuver on the left.

Do ____ repetitions on each side, ____ times per day, ____ days per week.

