

Neck Exercises

Neck Rotation

Turn head to look over left shoulder, then over right shoulder.

Frequency: 4 sets; 2-3 times per day



Neck Lateral Flexion

Looking straight ahead through entire exercise, tilt head toward one shoulder then the other. Do not rotate your head at all. You should feel a stretch on the opposite side of your neck.

Frequency: 4 sets; 2-3 times per day

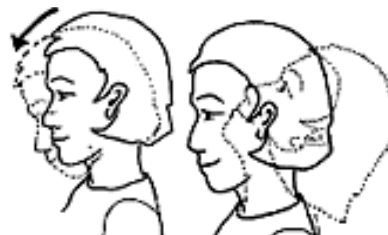


Neck Flexion and Extension

Bend head forward only half way to your chest. Then bend your head all the way back.

Pre set head position with a gentle retraction (the chicken thing) to prevent “collapsing” of the spine.

Frequency: 4 sets; 2-3 times per day



Head sit ups

Lie on the floor on your back. Place a rolled towel under your chin. Do a gentle retraction into the towel. Lift head forward. Do not raise shoulders at all – this is not a crunch. You should feel the exercise in your throat.

Frequency: until fatigued. 4 sets, once a day

Neck Exercises

Neck Retractions

Do these in front of a mirror until you are familiar with the motion.

1. Sit up straight, feet flat on the floor, shoulders back, chest up.
2. Think of a chicken bobbing its head – you don't want to do the forward bob, only the backward bob. This is called a retraction. Hold for a couple seconds and release.
3. As you retract, make sure your chin does not move up or down, only back and forward, and remain parallel to the floor.
4. Your torso should not move at all.
5. When done correctly you should see a slight double chin. (Don't worry, it's not permanent!)

Frequency: 25 reps; 3 times a day

Five-Part Neck extension series

1. Do a retraction and hold/
2. Immediately bend head back fully.
3. Tilt head back; wiggle it gently a few times.
4. Bend head back further
5. Return head to upright while maintaining the retraction.
6. Release, repeat

Pointers

Neck pain during this exercise is normal. Pain in the arms is not.

Frequency: This series is best done a few times throughout the day, 3-4 at a time.