

NECK

Exercises

These exercises are designed to stretch and strengthen your neck. Read through all instructions before beginning an exercise. Breathe normally and don't bounce. If you feel any pain, stop the exercise immediately and inform your health care 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 ahead.
- 2 Turn your head slowly from side to side, keeping your chin level. Repeat _____ times to each side, bringing your head back to starting position between each turn.



CAUTION

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

FACE CLOCK

- 1 Lie on your back looking straight ahead, with your knees bent and your feet flat on the floor.
- 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. Repeat _____ times in each direction.



CAUTION

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

NECK FLEX

- 1 Sit up straight in your chair. For support, rest your left forearm against your lower back.
- 2 Gently drop your chin toward your chest. When you feel the stretch, hold for _____ seconds. Return to the starting position. Repeat _____ times.



CAUTION

- Don't force your head down.
- Pull slowly, letting gravity help.

TENSION RELEASE

- 1 Sit up straight in your chair. Tuck your chin slightly and tilt your head to the left, with your chin down and toward the right.
- 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. Repeat _____ times on each side.



CAUTION

- Don't overstretch.
- Stop if you feel pain or tingling.

SHOULDER SQUEEZE

- 1 Raise your arms to your sides until they're parallel with the floor. Bend your elbows, keeping them at shoulder height.
- 2 Push your arms backward and squeeze your shoulder blades together. Hold for _____ seconds. Slowly return to the starting position. Repeat _____ times.



CAUTION

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

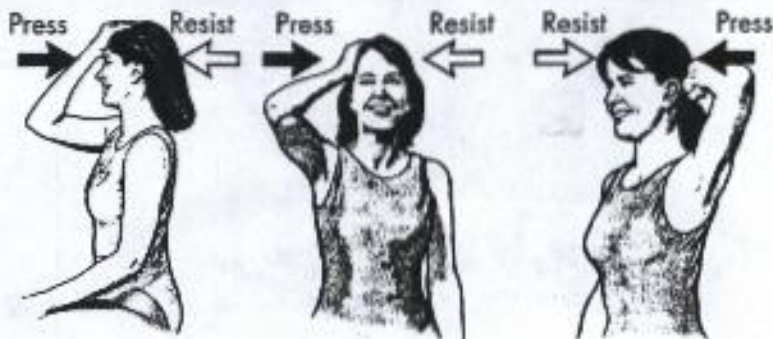
This information is not intended as a substitute for professional health care. Check with your health care provider before beginning an exercise program.

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☐ PALM PRESS

- 1 Sit up straight and look straight ahead. Press your palm against your forehead. Push slowly while resisting with your neck muscles, so your head doesn't move. **Hold for _____ seconds**, then slowly relax the pressure. **Repeat _____ times**.
- 2 Repeat the exercise, pressing _____ times on each side of your head.
- 3 Repeat the exercise, pressing _____ times on the back of your head.



CAUTION

- Don't press so hard that you feel pain or your head shakes.
- Don't let your neck arch in any direction.

☐ 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. **Hold for _____ seconds**. Repeat _____ times.
- 2 Turn onto your right side, with your right forearm under your head. Lift your head slowly toward your left shoulder. **Hold for _____ seconds**. Repeat _____ times on each side.
- 3 Get on your hands and knees. Keeping your back straight, slowly drop your head toward your chest. Tuck your chin, then lift your head until your neck is level with your back. **Hold for _____ seconds**. Repeat _____ times.



CAUTION

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

☐ ARM LIFTS

- 1 Stand with a straight back, keeping your head and neck straight.
- 2 Alternately raise and lower your arms, keeping them straight. Move in slow, smooth arcs. **Repeat _____ times**.



CAUTION

- Don't arch your neck—keep your ears in line with your shoulders and hips.

☐ REACH AND HOLD

- 1 Get on your hands and knees, with knees spread apart under your hips. Keeping your head and neck straight, tighten your abdominal muscles and raise your right arm straight ahead of you. **Repeat _____ times** with each arm.
- 2 Lift your arm to the side. **Repeat _____ times** with each arm.
- 3 Lift your arm to the back. **Repeat _____ times** with each arm.



CAUTION

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