

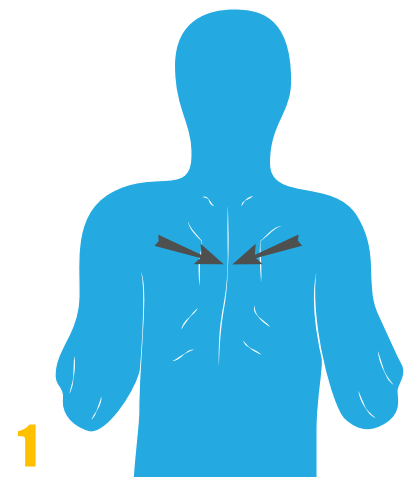
Neck Exercises

The following exercises should be performed only with the advice of your Chiropractor or Myotherapist. Starting with the basic exercises and moving onto the intermediate and advanced when your strength improves.

Neck Strengthening – Basic Exercises

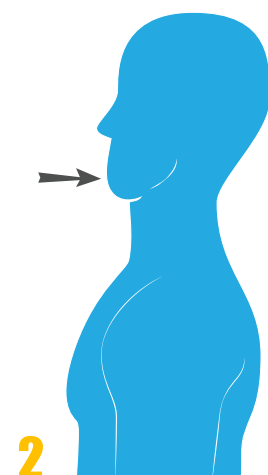
1. Shoulder Blade Squeeze

- Keep back straight.
- Tuck chin in and shoulders back slightly.
- Slowly squeeze shoulder blades together.
- Hold for 5 seconds and repeat 10 times.



2. Chin Tucks

- Keep back straight and shoulders back slightly.
- Tuck chin in until you feel a stretch.
- Keep eyes and nose facing forwards.
- Hold for 3 seconds and repeat 10 times.



Neck Strengthening – Advanced Exercises

3. Static Extension

- Keep back straight and shoulders back slightly.
- Place hand on the back of the head.
- Slowly push head against your hand.
- Keep your eyes and nose facing forwards.
- Hold for 3 seconds and repeat 10 times.

4. Static Flexion

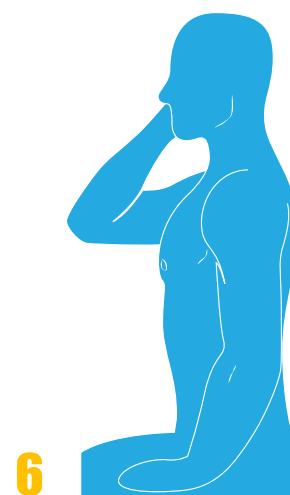
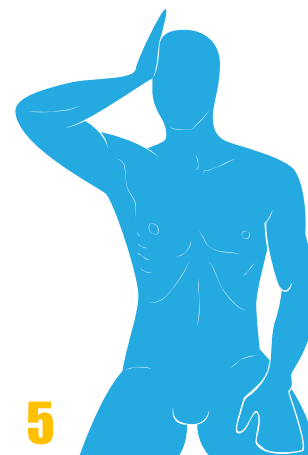
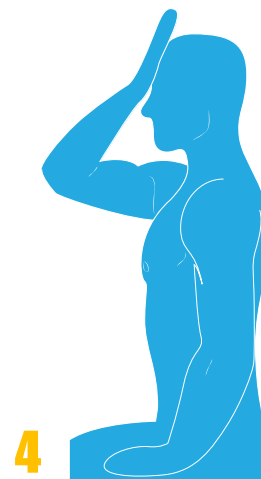
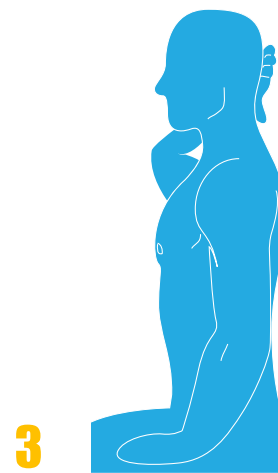
- Keep back straight and shoulders back slightly.
- Place hand on forehead.
- Slowly push head against your hand.
- Keep your eyes and nose facing forwards.
- Hold for 3 seconds and repeat 10 times.

5. Static Lateral Flexion

- Keep back straight and shoulders back slightly.
- Place hand on the side of the forehead.
- Slowly push head against your hand.
- Keep your eyes and nose facing forwards.
- Hold for 3 seconds and repeat 10 times.

6. Static Rotation

- Keep back straight and shoulders back slightly.
- Place hand on the side and front of head.
- Slowly push head against hand, trying to turn your neck to that side.
- Keep your eyes and nose facing forwards.
- Hold for 3 seconds and repeat 10 times.

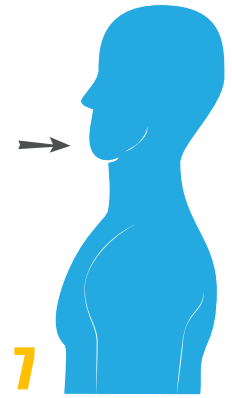


Neck Stretches

– Basic Exercises

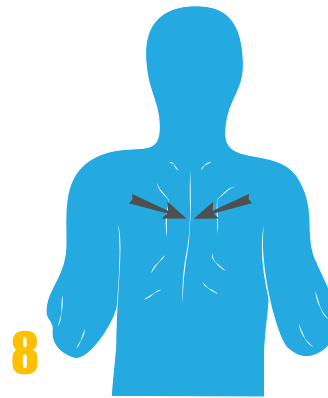
7. Chin Tucks

- Keep back straight and shoulders back slightly.
- Tuck chin in until you feel a stretch.
- Keep eyes and nose facing forwards.
- Hold for 3 seconds and repeat 10 times.



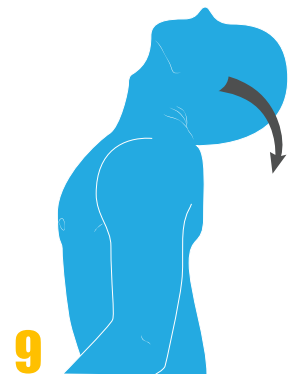
8. Shoulder Blade Squeezes

- Keep back straight.
- Tuck chin in and shoulders back slightly.
- Slowly squeeze shoulder blades together.
- Hold for 5 seconds and repeat 10 times.



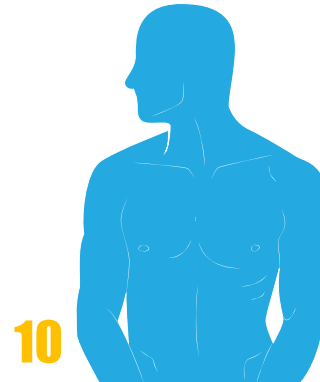
9. Extension in Sitting

- Sitting straight with shoulders back slightly.
- Gently tilt neck backwards, looking up.
- Repeat 10 times.



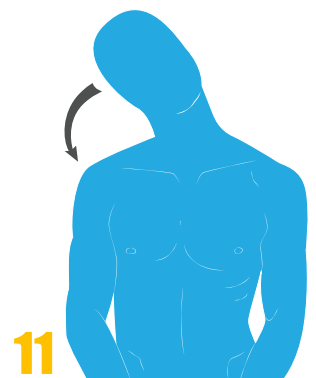
10. Rotation in Sitting

- Sitting straight with shoulders back slightly.
- Turn head, looking over one shoulder.
- Keep your neck and head straight.
- Repeat 10 times to each side.



11. Side Bend in Sitting

- Sitting straight with shoulders back slightly.
- Gently bend neck to one side.
- Repeat 10 times on each side.



12. Flexion in Sitting

- Sitting straight with shoulders back slightly.
- Gently bend neck forwards, chin towards your chest.
- Repeat 10 times.



Neck Stretches – Advanced Exercises

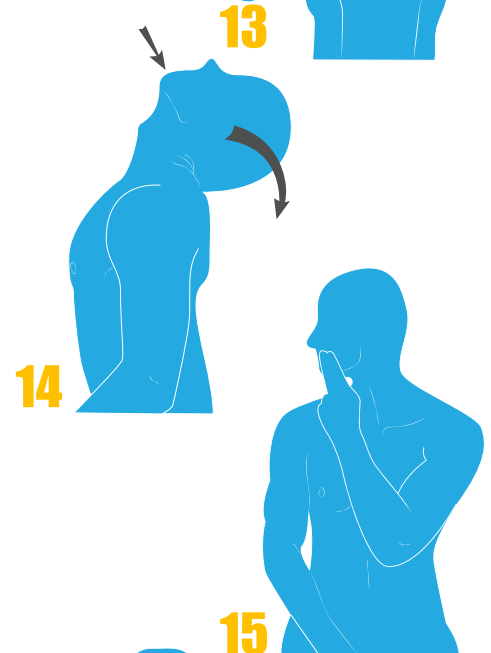
13. Chin Tucks with Over Pressure

- Keep back straight and shoulders back slightly.
- Tuck chin in with your fingers until you feel a stretch.
- Keep eyes and nose facing forwards.
- Hold for 3 seconds and repeat 10 times.



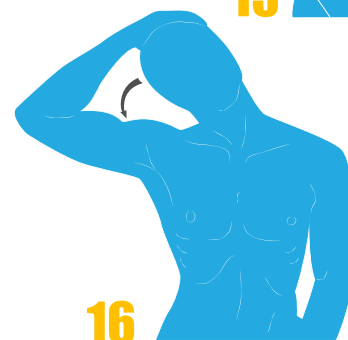
14. Combined Chin Tuck and Extension

- Sitting straight with shoulders back slightly.
- Gently arch neck backwards, looking up with chin still tucked.
- Repeat 10 times.



15. Rotation with Over Pressure

- Sitting straight with shoulders back slightly.
- Use fingers to turn head looking over one shoulder.
- Keep your neck and head straight.
- Repeat 10 times to each side.



16. Side Bend with Over Pressure

- Sitting straight with shoulders back slightly.
- Use hand to gently bend neck to one side.
- Hold for 5 seconds and repeat 10 times on each side.

Neck Stretches – Less Common Exercises

17. Levator Scapula Stretch

- Sitting on one hand with shoulders back slightly.
- Gently bend neck forward, away from the arm you are sitting on.
- Stretch towards armpit.
- Hold for 5 seconds and repeat 10 times on each side.



18. Upper Trapezius Stretch

- Sitting on one hand with shoulders back slightly.
- Gently bend neck to one side, away from the arm you are sitting on.
- Stretch towards armpit.
- Hold for 5 seconds and repeat 10 times on each side.

