

## NECK EXERCISES

### **Isometric Neck Flexion**

Place your palm on your forehead, and resist flexion of your neck while keeping your head still. Hold, and then relax. You should feel the muscles at the front and side of your neck contracting.



### **Isometric Neck Flexion/Rotation**

Place the palm of your hand on the side of your head, and gently push your neck into flexion and then rotation while you try to keep your face/nose pointing forward and your head still. You should feel a contraction of neck muscles at the front and side of your neck. **Perform on both sides.**



### **Levator Scapulae Stretch**

Bend your neck forwards, and then side-bend your neck by taking your left ear towards your left shoulder. Hold on to a chair to make the stretch stronger. This will allow you to feel a stretch at the back and side of your neck. You can make the stretch stronger by assisting with your hand. **Perform on both sides.**



### **Neck Side Flexion**

With your nose pointing forward, bend your neck as if you were taking your left ear towards your left shoulder, using your hand to gently apply overpressure. Hold on to a chair to make the stretch stronger. You should feel the stretch to your neck on the same side you are holding on to the chair.

Repeat to the right. This exercise will help improve mobility to your neck. **Perform on both sides.**



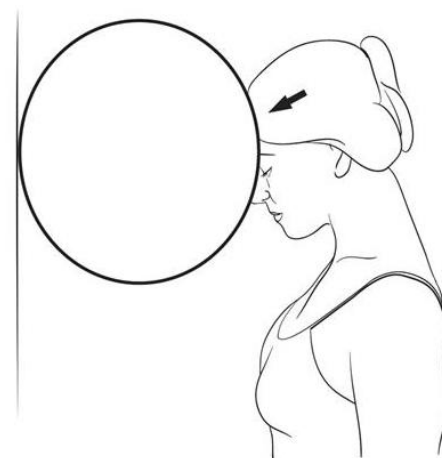
### Neck Side Flexion with Nerve Flossing

With your nose pointing forward; bend your neck as if you were taking your left ear towards your left shoulder. To increase the stretch, straighten your right arm away from your body, drop your shoulder slightly, and straighten your fingers. Use the opposite hand to gently apply more pressure. You will feel a stretch on the same side you are extending your arm. Repeat to the right. This exercise will help improve mobility to your neck. **Perform on both sides.**



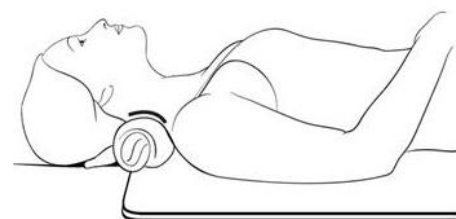
### Neck Flexion with Ball

Bend your neck forwards, pushing against a small swiss ball, volleyball or soccer ball that's resting against the wall. Hold the pressure, and relax. This is a strengthening exercise for your neck.



### Improving Cervical Curve

Lying on your back, place a rolled up towel (of approximately 4 inches/10cm diameter) under your neck. You should feel the towel pushing upwards into your neck. This is a great exercise for people who spend too much time forward flexing their necks, e.g. computer users, students and office workers.



### Ice (sitting)

Place an ice bag or frozen compress over your neck. Keep good posture. Make sure you wrap it in a towel so it's not too cold. This exercise can help to reduce inflammation and pain in your neck.



**Disclaimer:** These exercises are intended to improve your condition by accompanying your current treatment plan. If any of these exercises increase discomfort, please discontinue immediately and inform your doctor. These exercises may be continued as needed after you have been moved to maintenance care.