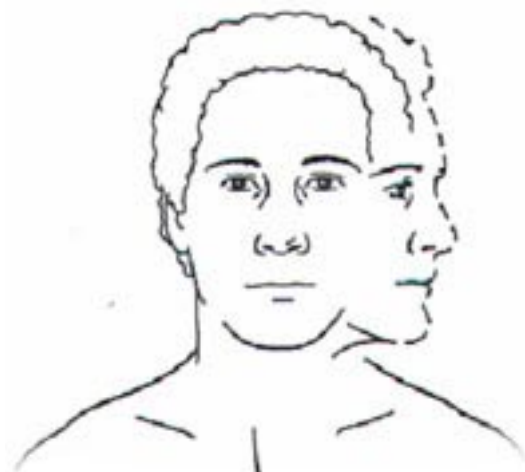


NECK EXERCISES

Range-of-Motion Exercises

Slowly turn your head to the right side as far as is comfortable. Hold for 10 seconds. Return your head to center. Do the same turn to the left side. Repeat 3 times on each side.

Drop your chin down slowly toward your chest as far as is comfortable. Hold for 10 seconds. Bring your head back up. Repeat 3 times.



Tilt your head to the side toward your left shoulder. Hold for 10 seconds. Return your head to center. Do the same toward the right side. Repeat 3 times on each side.

(1) First, perform a chin tuck. (2) From this position, tilt your head backward so you can see the ceiling. Hold for 10 seconds, then bring your head upright. Repeat 3 times.

Isometric Exercises

Place both hands against the back of your head. Place your hand on the side of your head.

Try to push your head forward. Try to turn your chin to your back, while resisting any movement of your shoulder, but resist any motion with your hands. Hold for 5 seconds. Repeat 10 times.

