

NECK MOBILIZATION

Neutral Neck Position

Gently tuck your chin, lengthen the muscle in the back of your neck and place your neck into "neutral."

_____ secs. _____ reps. _____ sets _____ x's per _____



Pigeon

Place your neck in the "neutral" neck position. Tuck your chin, then move your head backward and then relax back into neutral.

Easy: Lie on a bed or couch and feel the pressure on the back of your head as your head moves backwards and the back of your neck lengthens.

Moderate: Use your hand to keep your chin down and increase backwards movement.

Advanced: Hold in the backwards position for 3-5 seconds and then relax into neutral.

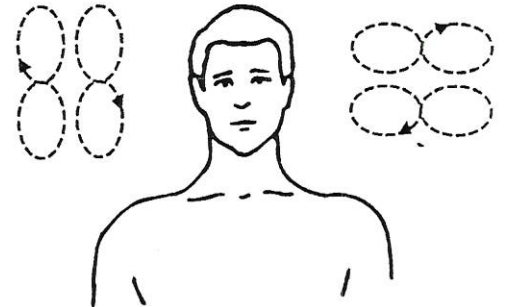
_____ secs. _____ reps. _____ sets _____ x's per _____

Figure 8's

Place your neck in the "neutral" neck position. Draw a figure 8 with your nose and then reverse the direction. Perform vertically and horizontally. Move slowly and fluidly making the lines as smooth as possible.

Advanced: Make the 8's larger as your neck becomes more flexible.

_____ secs. _____ reps. _____ sets _____ x's per _____



Neck Rotation

Place your neck in the "neutral" neck position. Turn your head towards your shoulder as far as comfortably possible and then return to neutral. Repeat in the opposite direction.

More advanced: Shift your weight to the opposite buttock while rotating to one side.

More Advanced: Perform this exercise while lying on your back.

More Advanced: Use your hand on your temple to increase the rotation. Hint: Use your left hand on your left temple, etc.

_____ secs. _____ reps. _____ sets _____ x's per _____

Side Stretch

Lie on your back, sit or stand. Place your neck in the "neutral" neck position. Gently tilt your head to the side.

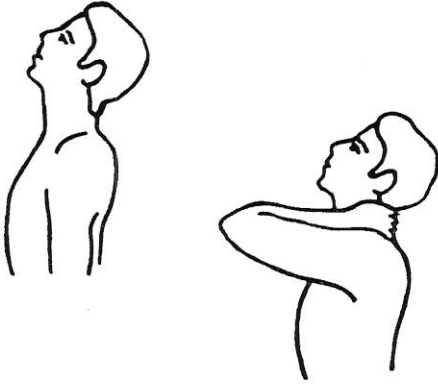
More advanced: Place your hand on the side of your head and gently stretch your head to the side.

Alternative: Perform in the sitting position.

More advanced: Anchor your hand beneath your chair or place behind your back to increase the stretch.



_____ secs. _____ reps. _____ sets _____ x's per _____



Neck Extension

Place your neck in the "neutral" neck position. Move your head gently backwards like the "pigeon" exercise. In the backwards position gently tilt your head back and look up towards the ceiling.

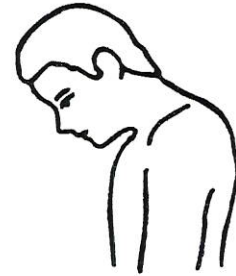
More advanced: Place the fingertips of both hands behind the back of your neck. Pull the hands forward as you tilt backward.

_____ secs. _____ reps. _____ sets _____ x's per _____

Forward Stretch

Place your neck in the "neutral" neck position. Gently allow your head to drop forward to stretch the back of your neck.

_____ secs. _____ reps. _____ sets _____ x's per _____



NECK STABILIZATION

These exercises are designed to strengthen the neck muscles.

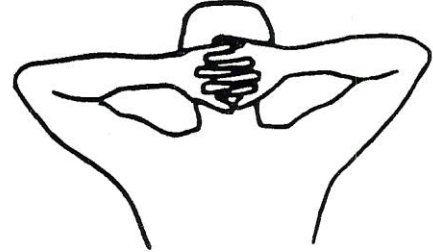
- Place your neck in the "neutral" neck position.
 - Always perform exercises gently and do not create pain.
 - Always gently increase and gently decrease pressure.
 - Do not move the neck unless instructions request movement.
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Resisted Extension

Place interlocked hands behind the head. Gently push head against the hands. Use the muscles in the back of the neck to remain in neutral.

Easy: Lie on the floor or a bed and feel the pressure on the back of your head as your head gently presses backwards.

_____ secs. _____ reps. _____ sets _____ x's per _____



Resisted Flexion

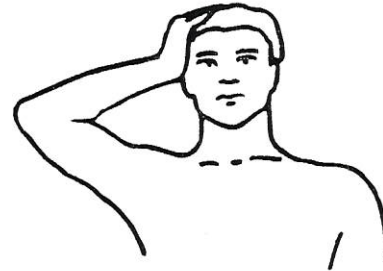
Place both hands on the forehead. Gently push your forehead against your palms. Use the muscles of the neck to remain in neutral.

_____ secs. _____ reps. _____ sets _____ x's per _____

Resisted Side Bending

Place your palm against the side of your head. Gently push into your hand as if you are trying to tilt your ear towards your shoulder.

_____ secs. _____ reps. _____ sets _____ x's per _____



Resisted Rotation

With your jaw closed, place your palm against your temple. Try to turn your head to the same side while resisting the movement with your hand. Keep the neck in neutral.

_____ secs. _____ reps. _____ sets _____ x's per _____