

Neck Basic Training

Range-of-Motion:

Extension / Flexion



Start in a neutral position and slowly tilt your back as far as it will go then slowly tilt your head forward as far as it will go. Do these motions slowly and repeat 5-10 times.

Rotation



Start in a neutral position then slowly turn your head to the right as far as it will go. Return to the starting position then slowly turn your head to the left as far as it will go. Try to maintain a level chin and keep your shoulders still. Repeat 5-10 times.

Lateral Flexion



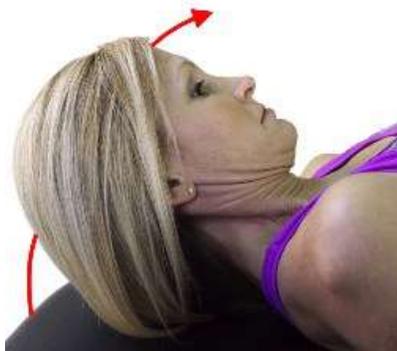
Start in a neutral position then slowly tilt your head to the side bringing your ear close to your shoulder. Return to the starting position and repeat on the opposite side. Do not shrug your shoulders. Repeat 5-10 times.

Carolina Chiropractic

864-814-2222

Strengthening

Neck Flexion



Start on your back. Tuck your chin to your chest then lift your head off the floor. Return to the starting position. Repeat 8-10 times.

****Advanced Option****

After lifting your head off the floor, slowly turn your head to the each side before returning to the start position.

Resisted Rotation (good for improving range-of-motion)



Place one hand on the side of your head and apply firm pressure while trying to turn your head towards your hand. You are actively trying to turn the head and resisting with your hand at the same time. Hold for about 5 seconds. Repeat on each side 8-10 times.

Resisted Extension



Place a hand behind your head and resist as you try to tilt your head back. Hold for 5 seconds. Repeat 8-10 times.

Carolina Chiropractic

864-814-2222

Resisted Lateral Flexion



Place a hand on the top side of your head and resist while trying to tilt your head to the side. Hold for five seconds. Repeat 8-10 times on each side.

These are the basics for a well-rounded neck exercise program. There are many others. Master these first. These may be all you need. Be sure to stay well hydrated. Your discs need water.

Discontinue any exercise that causes pain