

# NECK EXERCISES

These exercises help to stretch and strengthen your neck. Before beginning an exercise, read all its instructions. While exercising, breathe normally and use smooth movements. If you feel new or increasing pain, stop the exercise. If pain persists, tell your healthcare provider.

## □ ACTIVE NECK ROTATION

- 1 Lie on your back with your knees bent and your feet flat on the floor. For extra comfort, place a neck roll or a rolled-up towel under your neck. Look straight at the ceiling.
- 2 Turn your head slowly to the side, keeping your chin level.
- 3 Hold for \_\_\_\_\_ seconds. Return to center. Repeat \_\_\_\_\_ times on each side, bringing your head back to starting position between each turn. Do \_\_\_\_\_ sets a day.



### CAUTION

- Don't force any motion.
- Go only as far as you can comfortably.

## □ TENSION RELEASE

- 1 Sit up straight in your chair. Tucking your chin slightly, tilt your head to the left.
- 2 Placing your left hand on the upper right side of your head, gently pull your head to the left. Hold for \_\_\_\_\_ seconds, then return to the starting position.
- 3 Repeat \_\_\_\_\_ times on each side. Do \_\_\_\_\_ sets a day.



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## □ FACE CLOCK

- 1 Lie on your back with your knees bent and your feet flat on the floor. Look straight ahead.
- 2 Imagine your head against the face of a clock. Slowly draw the outer edge of the clock with your nose. Go clockwise first, then counterclockwise.
- 3 Repeat \_\_\_\_\_ times in each direction. Do \_\_\_\_\_ sets a day.

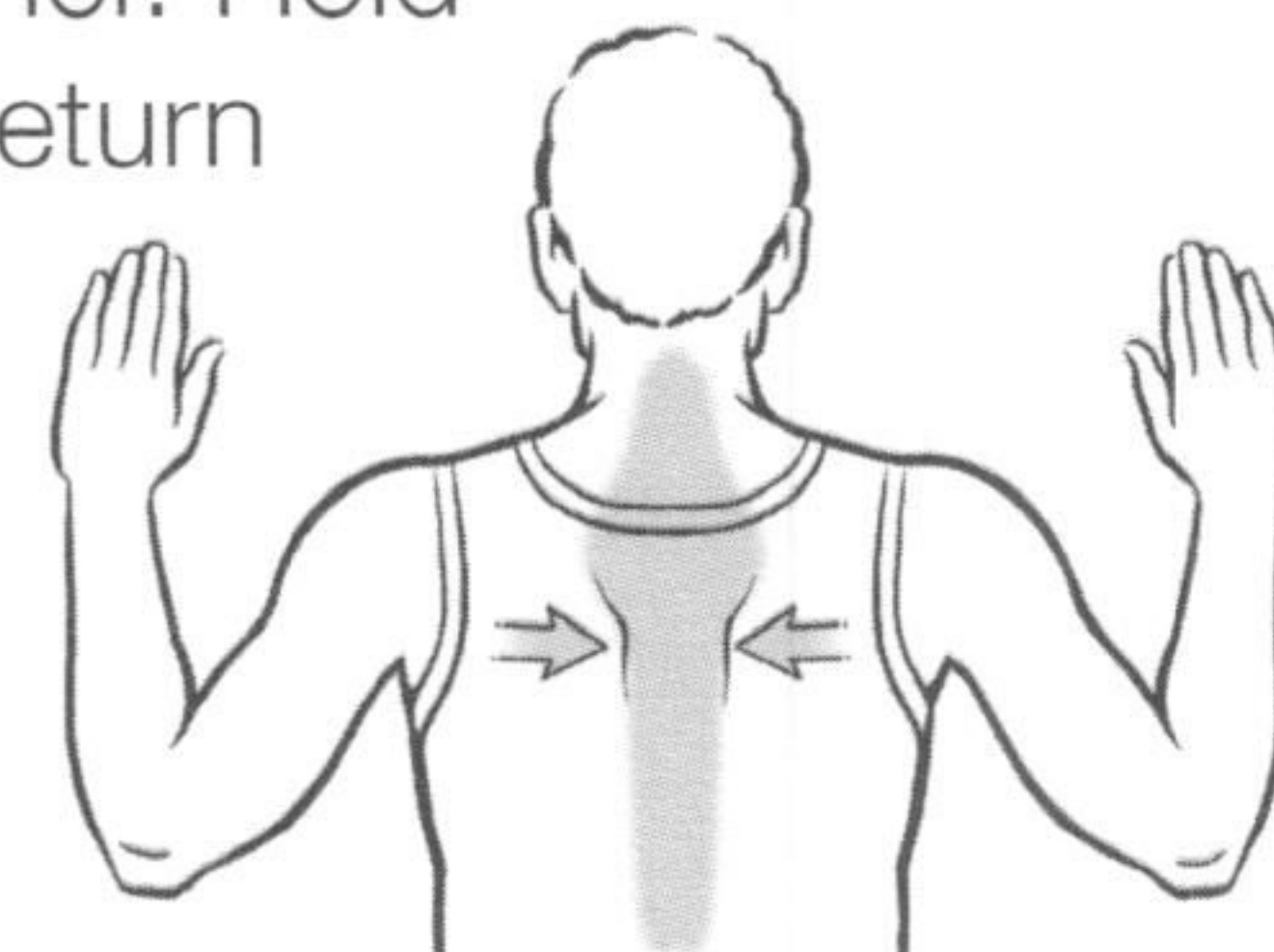


### CAUTION

- Don't stay in one position too long. Keep your head moving to avoid tightening your muscles.

## □ SHOULDER SQUEEZE

- 1 Bend your elbows and point your fingers upward. Lift your elbows out from your sides until your wrists are at shoulder height.
- 2 Keeping your fingers pointing up, push your elbows backward to squeeze your shoulder blades together. Hold for \_\_\_\_\_ seconds. Slowly return to the starting position.
- 3 Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sets a day.



### CAUTION

- Don't arch your back.
- Don't hunch your shoulders.
- Don't hold your breath.



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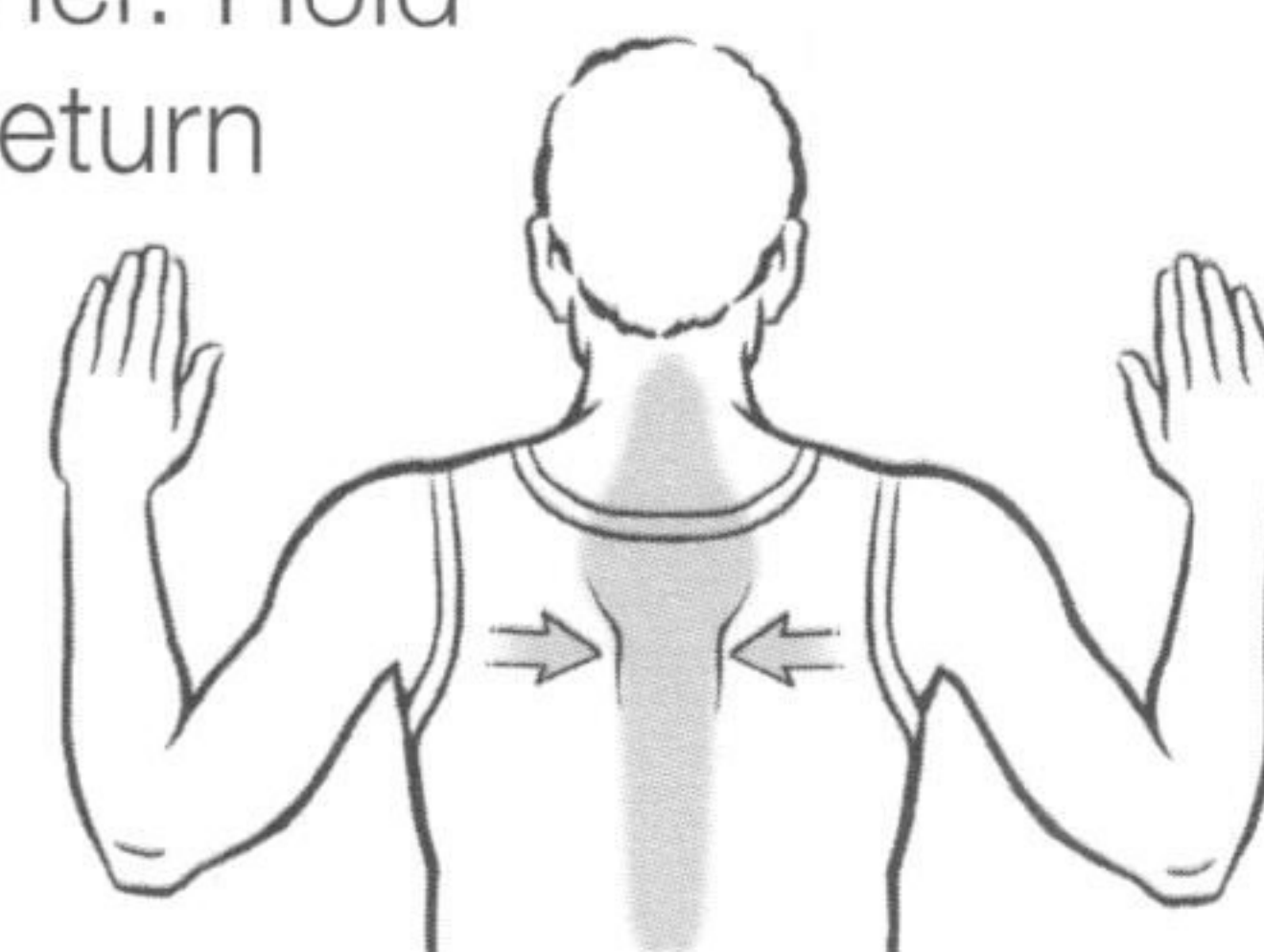


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