

NECK EXERCISES

WARMING UP



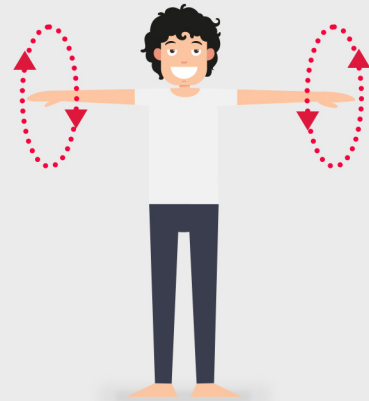
Neck exercises can be performed standing up or sitting down



Practice good posture by keeping your back and neck straight and looking forward



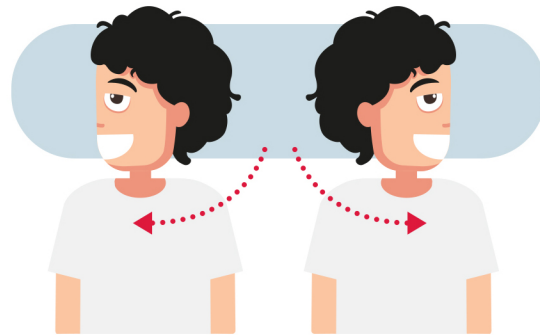
Gently shrug your shoulders



Swing your arms in a circular motion

NECK ROTATIONS

Rotate your head to the right side with a slow and steady movement and hold for 10 seconds



Return your head to forward position and repeat on the left side

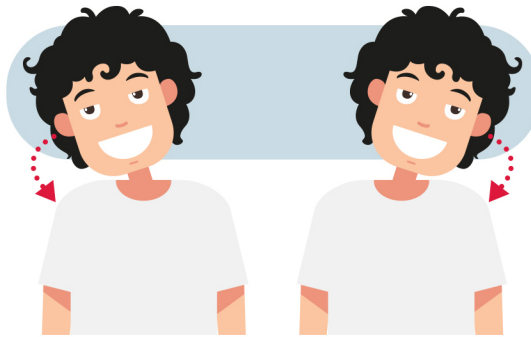
Repeat 10 times on each side

MORE NECK EXERCISES CONTINUED ON BACK

NECK EXERCISES

NECK SIDE EXTENSIONS

Let your head slowly lower to the right side (only as far as you feel comfortable) and hold for 5 seconds



Return your head to forward position and repeat on the left side

Repeat 10 times on each side

NECK FORWARD FLEXION

Slowly lower your head toward your chest and hold for 5 seconds



Repeat 10 times

NECK STRETCH

Slowly raise your shoulders towards your ears and hold for 5 seconds



Slowly release shoulders to starting position

Repeat 10 times

Courtesy of the Brain & Spine Center of Texas | **469-312-5392**