

Neck Side Flexion movement

Reps: 5-10

Preparation:

- Sit with good posture

Execution:

- Slowly lower your left ear to your left shoulder as far as you comfortably can
- Raise your head up, then lower your right ear to your right shoulder as far as you comfortably can



Start Position



Bend neck right



Bend neck left

Neck Rotation movement

Reps: 5-10

Preparation:

- Sit with good posture

Execution:

- Look over your left shoulder as far you comfortably can
- Now look over your right shoulder as far as you comfortably can



Start Position



Turn neck right



Turn neck left

Neck Flexion + Extension movement

Reps: 5-10

Preparation:

- Sit with good posture

Execution:

- Slowly lower your chin towards your chest as far as you comfortably can
- Raise your head, looking up towards the ceiling as you comfortably can



Start Position



Lower chin to chest



Look up to ceiling

Cervical Sideflexion Isometric

Reps: 3 | Hold: 5-10sec

Preparation:

- Place hand above ear.

Execution:

- Press head against hand. Head stays still.



Press head against hand

Cervical Extension Isometric

Reps: 3 | Hold: 5-10sec

Preparation:

- Place hand behind head.

Execution:

- Press head backward against hand. Head stays still.



Press head backward against hand

Cervical Flexion Isometric

Reps: 3 | Hold: 5-10sec

Preparation:

- Place hand over forehead.

Execution:

- Press forehead against hand. Head stays still.



Press head against hand

Chin Tuck and head turns

Sets: 2 | Reps: 10

Preparation

- Start on all fours with hips and shoulders at 90°
- Have your back and neck straight

Execution

- Without lifting head, tuck chin gently (nod yes)
- Keep the large muscles in the neck relaxed
- Holding the chin tuck, lift your head up slightly above the starting position.
- Hold, and gently rotate the head from side to side
- Relax, repeat



Hands and knees



Tuck chin, lift head up slightly