

Physical Therapy Department

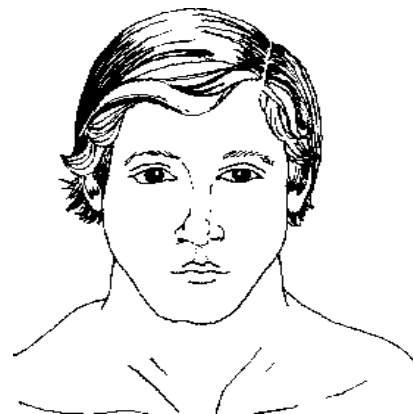
# Neck Exercises



## **ISOTONIC EXERCISES** (For Range of Motion)

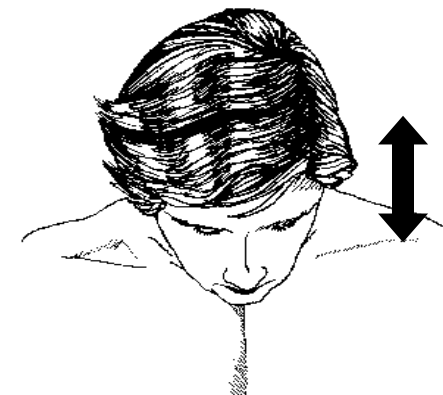
In each instance move the head slowly through the motion as indicated, hold momentarily at the end, then slowly return to the neutral position. Repeat three times each direction.

### **Neutral Position**



- Backlying
- Sitting
- Head over end of bed

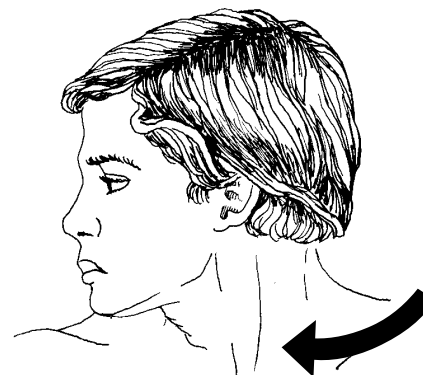
### **Neck Flexion**



Raise head and attempt to touch chin on chest

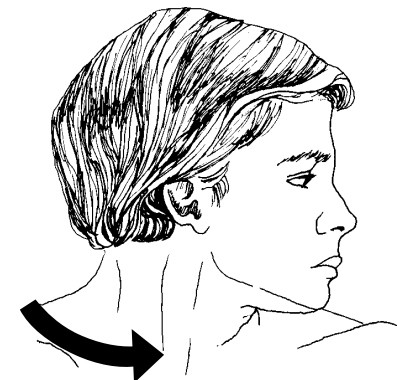
### **Neck Rotation**

*Right*



Lift head slightly and look over your right shoulder.

*Left*

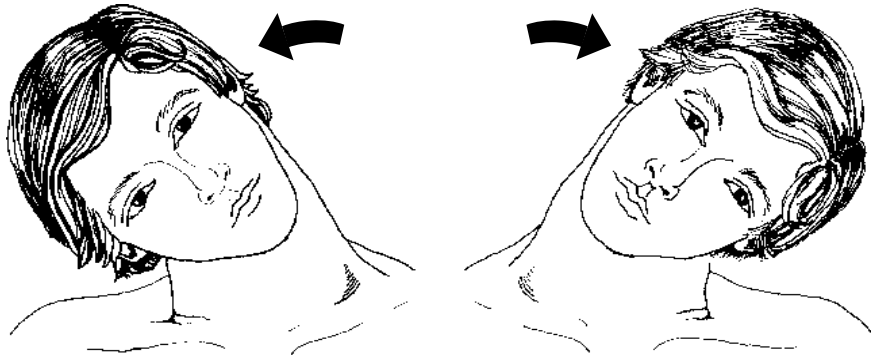


Lift head slightly and look over your left shoulder.

## **Lateral Flexion**

*Right*

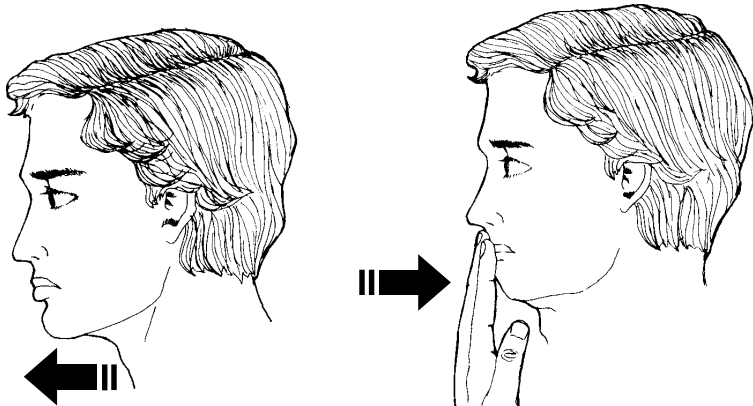
*Left*



Lift head slightly and attempt to touch your right ear to your right shoulder.

Lift head slightly and attempt to touch your left ear to your left shoulder.

## **Dorsal Gliding**

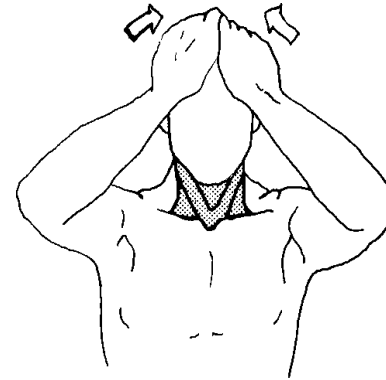


- Start with head in neutral position.
  - Try to form a double chin by pushing head backwards, keeping chin horizontal with respect to the floor.
  - Return head to neutral position.
  - Project chin horizontally forward and then return to neutral position.
- Make sure you are using good sitting posture throughout the exercise.*

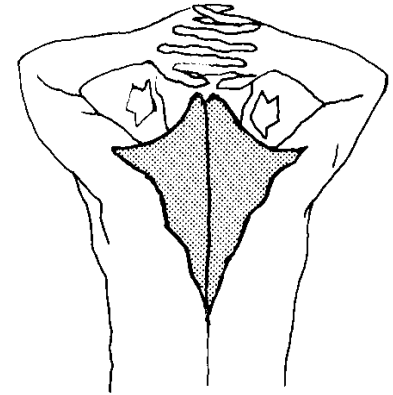
## **ISOMETRIC EXERCISES** (Non-moving exercises)

*In each instance keep your head in the neutral position. Attempt to move each direction. Resist with your hand(s). Hold four seconds. Relax. Do each exercise five times.*

**Forward**



**Backward**



**Left then Right**

