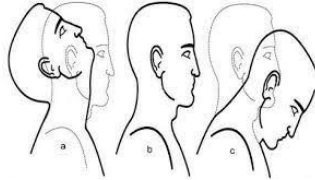


## **Neck Exercises**

### **Neck Flexion (Forward Bending)**



1. Stretch may be done while sitting in a chair or standing up straight.
2. Gently drop your chin toward your chest.
3. Hold stretch for 10 seconds and then slowly go back to starting position.
4. Repeat stretches 3 times, 3 times a day.

### **Neck Extension (Backward Bending)**



Neck extension

1. Stretch may be done while sitting in a chair or standing up straight.
2. Gently extend the neck by looking upward and bringing the head backward.
  - a. Be sure to keep shoulders and back stationary.
3. Hold stretch for 10 seconds and then slowly go back to starting position.
4. Repeat stretches 3 times, 3 times a day.

### **Lateral Neck Flexion (Bending Side to Side)**



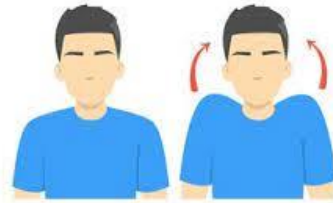
1. Stretch may be done while sitting in a chair or standing up straight.
2. Gently drop your left ear to your shoulder and hold stretch for 10 seconds.
3. Gradually go back to the starting position.
4. Repeat step 2 with right ear dropping to shoulder.
  - a. Hold stretch for 10 seconds.
5. Repeat stretches 3 times, 3 times a day.

## Neck Rotation (Turning Side to Side)



1. Stretch may be done while sitting in a chair or standing up straight.
2. Slowly rotate the head to the left as far as it can go naturally.
3. Once your head has reached its rotation limit, hold stretch for 10 seconds.
4. Gradually return to your starting position, and repeat stretch for the opposite side.
5. Repeat stretches 3 times, 3 times a day.

## Shoulder Shrugs



1. Start exercise by looking straight ahead.
2. Slowly raise both shoulders up.
3. Hold position for 5 seconds and then slowly return to starting position.
4. Repeat exercise 10 - 12 times, 3 times a day.

## Arm Lift Stretch



1. Stretch may be done while sitting in a chair or standing up straight.
  - a. Be sure to keep your head and neck straight.
2. Alternately raise and lower your arms.
  - a. Be sure to keep your arms straight forward.
3. Repeat exercise 10 - 12 times, 3 times a day.