

Stretches and Exercises Neck Strengthening

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CERVICAL SPINE 9: Strengthening: Isometric Flexion (in neutral)

Using light pressure with finger tips at forehead, resist bending head forward.

Hold 30 seconds.
Repeat 6 times.
Do twice daily.



CERVICAL SPINE 10: Strengthening: Isometric Extension (in neutral)

Using light pressure with finger tips at back of head, resist backward bending of head.

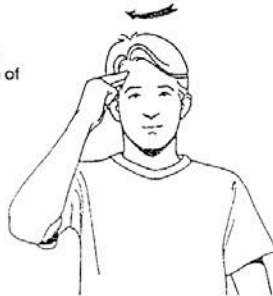
Hold 30 seconds.
Repeat 6 times.
Do twice daily.



CERVICAL SPINE 11: Strengthening: Isometric Lateral Bending (in neutral)

Using light pressure from finger tips, press into side of head above ear. Resist bending head sideways.

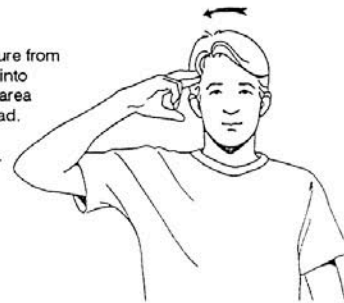
Hold 30 seconds.
Repeat 6 times both directions.
Do twice daily.



CERVICAL SPINE 12: Strengthening: Isometric Rotation (in neutral)

Using light pressure from finger tips, press into temple/forehead area. Resist turning head.

Hold 30 seconds.
Repeat 6 times both directions.
Do twice daily.



CERVICAL SPINE 13: Strengthening: Active Resistive Flexion

Facing forward with finger tips on forehead, bend head forward 1/4 1/2 3/4 full range. Give light moderate maximal resistance.

Repeat 6 times.
Do twice daily.



CERVICAL SPINE 14: Strengthening: Active Resistive Extensor

Facing forward with finger tips on back of head, bend head backward 1/4 1/2 3/4 full range. Give light moderate maximal resistance.

Repeat 6 times.
Do twice daily.



CERVICAL SPINE 15: Strengthening: Active Resistive Lateral Flexion.

Tilt head to one side. With finger tips just above the ear, tilt head back toward opposite shoulder 1/4 1/2 3/4 full range. Give light moderate maximal resistance. Hold 30 seconds. Repeat 6 times. Do twice daily.



CERVICAL SPINE 16: Strengthening: Active Resistive Rotation

With finger tips on temple and head turned to side, turn head back toward opposite shoulder 1/4 1/2 3/4 full range. Give light moderate maximal resistance. Hold 30 seconds. Repeat 6 times on each side. Do twice daily.

