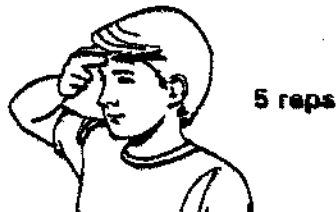


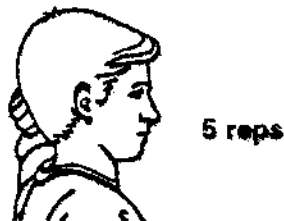
Neck strengthening On the Go

ISOMETRIC EXERCISES



5 reps

Flexion: Place hand on forehead and resist while attempting to move chin to chest.



5 reps

Extension: Place hand on back of head and resist while attempting to look up to the ceiling.



5 reps

Right Rotation: Place hand on right side of head and resist while attempting to look over the right shoulder.

Left Rotation: Place hand on left side of head and resist while attempting to look over the left shoulder.



5 reps

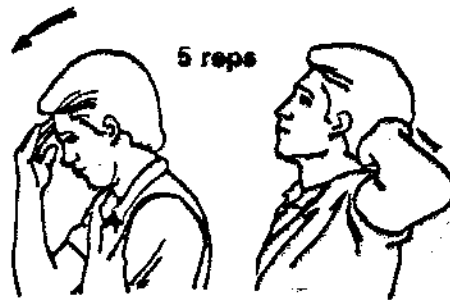
Right Lateral Flexion: Place hand on head above right ear and resist while attempting to bring right ear to right shoulder.

Left Lateral Flexion: Place hand on head above left ear and resist while attempting to bring left ear to left shoulder.

ACTIVE RANGE OF MOTION

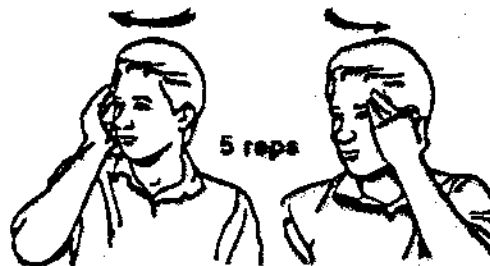
- Flexion/extension:** 10 reps
- Right/left rotation:** 10 reps
- Right/left lateral flexion:** 10 reps

RESISTANCE EXERCISES



5 reps

Flexion/Extension: Place hand on forehead while in full extension, patient actively flexes chin to chest through full range of motion against manual resistance. Then place hand on back of head while in full flexion and resist extension as patient looks to the ceiling.



5 reps

Right/Left Rotation: Place hand on right side of head while patient is looking over left shoulder. Patient actively rotates head against manual resistance to look over right shoulder. At this point, switch hands so left hand is on left side of head and repeat to the left side.



5 reps

Right/Left Lateral Flexion: Place hand on head above right ear while in full left lateral flexion. Patient actively flexes to the right against manual resistance as the right ear is brought toward the right shoulder. Then, switch and place hand on left side of head and repeat to the left.