



NECK REHABILITATION

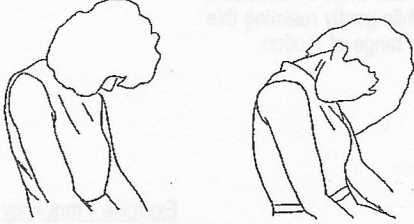
EXERCISES FOR INJURY PREVENTION AND REHABILITATION

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*Remember to follow your physician's advice exactly. If you experience any pain or unusual discomfort while performing any of these exercises consult with your physician.

STRETCHING

NECK FLEXION



Benefits

Increases flexibility to the back muscles of the neck.

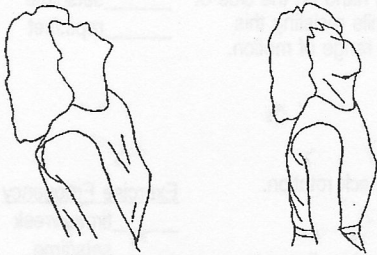
Instructions

In a seated position gently tilt your head down toward the floor while feeling a stretch in the muscles in the back of the neck. To increase the stretch, from this flexed position, gently turn the head to one side and hold for 15 seconds and repeat to the other side

Exercise Frequency

____ times/day
____ times/week
____ sec./stretch

NECK EXTENSION



Benefits

Increases flexibility to the front muscles of the neck.

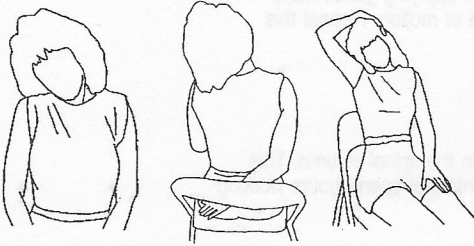
Instructions

In a seated position, slowly look upward, tilting the neck back until a gentle stretch is felt in the front muscles of the neck. To increase this stretch, slowly turn the head to one side and hold for 15 seconds. Repeat to the other side. *Discontinue this exercise if either lightheadedness or dizziness is experienced, and report this to your physician.

Exercise Frequency

____ times/day
____ times/week
____ sec./stretch

SIDE NECK STRETCH



Benefits

Increases flexibility to the sides of the neck.

Instructions

In a seated position and looking directly ahead, slowly lean the ear down toward the shoulder until a comfortable stretch is felt. To increase this stretch place one arm behind the back while gently bending the neck away from that side. Repeat exercise to the opposite side.

Exercise Frequency

____ times/day
____ times/week
____ sec./stretch

UPPER BACK STRETCH



Benefits

Increases flexibility and relieves tension to muscles of the upper back; many of which are directly involved in proper neck motion.

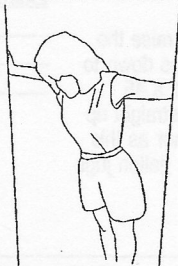
Instructions

While standing, grab the edge of a doorway or the doorknob with both hands. Relax the upper back and neck muscles and slowly lean back, allowing the shoulders to round forward. A moderate stretch should be felt across the muscles of the upper back.

Exercise Frequency

____ times/day
____ times/week
____ sec./stretch

UPPER CHEST STRETCH



Benefits

Increases flexibility of the upper chest muscles and allows the shoulders to be drawn back into a more normal postural position.

Instructions

While standing in front of a doorway place hands on the walls on either side of the opening. Gently lean through the doorway, feeling the moderate stretch across the upper chest and shoulders.

Exercise Frequency

____ times/day
____ times/week
____ sec./stretch

DOCTORS NOTES
