

INSTRUCTIONS:

For the neck active range-of-motion exercises (AROM), move as far as you can (pain-free) in the direction indicated. Be sure to move only the head, not the shoulders. When bending your head/neck to the side, be sure to keep your eyes forward. Using a mirror can help insure you're doing them correctly.

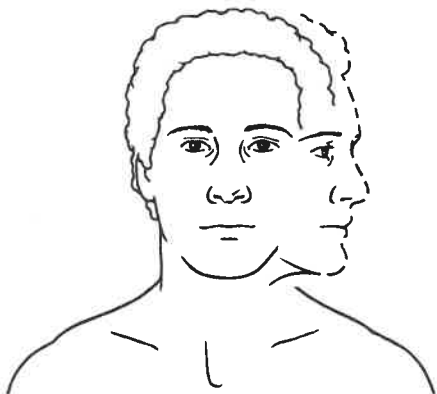
For the isometric strength exercises, use your palm rather than fingers, as this spreads out the pressure and makes it more comfortable. Start with light pressure, and as you get stronger gradually increase the pressure to add resistance. Again, the exercises should be pain-free.

INSTRUCTIONS:

At first, do the isometric strengthening exercises only in neutral. If there are problems, then try doing them out of neutral.

If you have pain following exercise, discontinue the exercises and check with your physician.

CERVICAL SPINE - AROM: Neck Rotation



Turn head slowly to look over one shoulder, then the other. Hold each position 2-3 seconds.

Repeat 6-8 times on each side.

CERVICAL SPINE - AROM: Lateral Neck Flexion



Slowly tilt head toward one shoulder, then the other. Hold each position 2-3 seconds.

Do 6-8 repetitions on each side.

CERVICAL SPINE - AROM: Neck Flexion

Bend head forward. Hold 2-3 seconds. then return to start.



Do 6-8 repetitions.

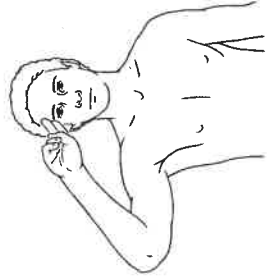
CERVICAL SPINE - AROM: Neck Extension

Slowly bend head backward, looking up at ceiling. Hold 2-3 seconds; then return to start.



Do 6-8 repetitions.

CERVICAL SPINE - Strengthening: Rotation  
- Isometric (in Neutral)



Using light pressure from palm at right temple, resist turning head. Hold 6-10 seconds, then relax.  
Do 4-6 repetitions.

CERVICAL SPINE - Strengthening: Extension  
- Isometric (in Neutral)



Using light pressure from palm at back of head, resist bending head backward.  
Hold 6-10 seconds, then relax.

Do 4-6 repetitions.

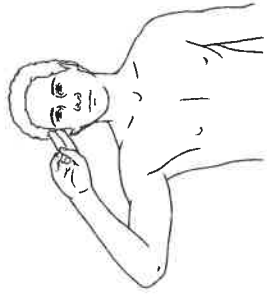
CERVICAL SPINE - Strengthening: Flexion  
- Isometric (Out of Neutral)



Bend head forward. Apply light pressure to forehead with palm and resist bending head further forward.  
Hold 6-10 seconds.

Do 4-6 repetitions.

CERVICAL SPINE - Strengthening: Lateral Bend  
- Isometric (in Neutral)



Using light pressure from palm, just above ear. Resist bending head sideways. Hold 6-10 seconds, then relax.  
Do 4-6 repetitions.

CERVICAL SPINE - Strengthening: Rotation  
- Isometric (Out of Neutral)



Turn head to right side. Apply light pressure with palm to temple and resist turning head further. Turn head to other side and repeat. Hold each position 6-10 seconds.

Do 4-6 repetitions per side.

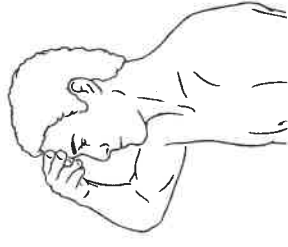
CERVICAL SPINE - Strengthening: Extension  
- Isometric (Out of Neutral)



Bend head backward. Apply light pressure to back of head with palm and resist bending head further backward.  
Hold 6-10 seconds.

Do 4-6 repetitions.

CERVICAL SPINE - Strengthening: Flexion  
- Isometric (in Neutral)



Using light pressure from palm at forehead, resist bending head forward.  
Hold 6-10 seconds.

Do 4-6 repetitions.

CERVICAL SPINE - Strengthening: Lateral Flexion  
- Isometric (Out of Neutral)



Tilt head toward right shoulder. Apply light pressure to side of head just above ear and resist tilting head down further. Hold 6-10 seconds. Repeat on other side.

Do 4-6 repetitions per side.