

Neck Exercises

The following stretches can keep your neck muscles flexible and strong. A regular neck exercise program can help relieve stiffness and muscle tension.



Tilt From Front To Back

- Tilt your head slowly back, far enough so you can look up.
- Hold posture for a moment.
- Return slowly to front position.
- Do 5-10 repetitions of this exercise 3 times a day.



Tilt From Side To Side

- Keep your head straight as you slowly tilt it over to the side.
- Don't go so far that you touch your ear with your shoulder.
- Hold posture for a moment.
- Return your head to center position.
- Move your head to your opposite shoulder.
- Do 5-10 repetitions of this exercise three times a day.



Rotate Head From Side To Side

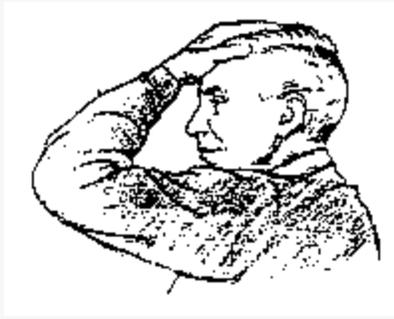
- Slowly turn your head as far as you can.
- Hold posture for a moment.
- Return your head to the center.
- Move your head in the opposite direction.
- Do 5-10 repetitions of this exercise 3 times a day.



Side Resistance

- Hold one hand against the side of your head.
- Use your hand to resist the movement as you try to touch your shoulder with your ear.
- Hold this posture for a count of 5.
- Relax and repeat on opposite side.
- Do 5-10 reps of this exercise 3 times a day.

Hand Resistant Exercises



Forward Resistance

- Hold both hands against your forehead.
- Try to move head forward, but resist the movement with your hands.
- Hold this posture for a count of 5.
- Relax.
- Do 5-10 Repetitions of this exercise 3 times a day.



Backward Resistance

- Place both hands behind your head.
- Try to move head backwards, but resist the movement with your hands. Don't tip chin.
- Hold this posture for a count of 5.
- Relax.
- Do 5-10 reps 3 times a day.

This information is not intended as a substitute for proper health care. If you are being treated for a neck problem, exercise under the direction of your health care provider.

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