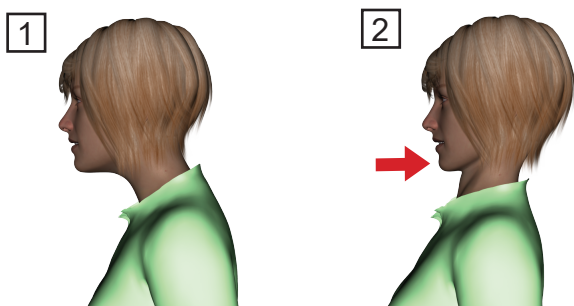


Neck Exercise Prescription

These exercises are designed to strengthen the neck muscles without the use of weights or machines. There are two types of exercises. One type is termed "Isometric" which means that these exercises are performed without movement, while the head remains in neutral looking straight ahead. The second type of exercise is termed "Isotonic" which means they are performed with movement in one direction with mild resistance.

✓ Remember that you should only do those exercises that have been prescribed for you by your chiropractor. Make sure that you breathe throughout the exercises and do not hold your breath. If these exercises cause pain or discomfort, please discontinue and consult your chiropractor.

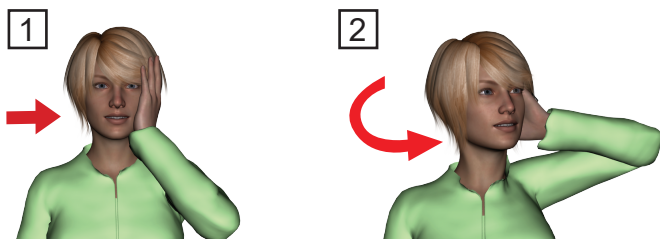
Retraction



1. Begin by sitting in a chair with your feet on the floor. Keep your back straight, with your shoulders relaxed, and look straight ahead. Don't bend or twist your head.

2. Now pull your chin straight back until you feel a stretch. This position is referred to as "Neck Retraction" and will be used as the starting point for several other exercises. Hold the retraction position for 10 seconds and relax. Repeat this exercise 10 times.

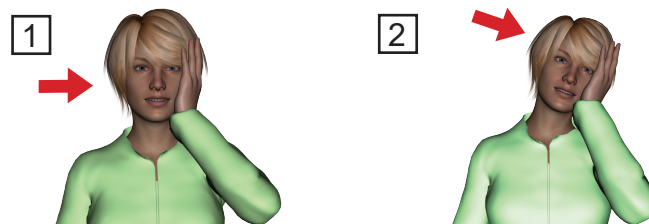
Rotation



1. Begin with the side of your neck that has the least range of motion. Retract your head (see neck stretches) and place the palm of your hand on your cheek. Your hand is going to provide resistance so keep it locked in place. Next, try to rotate your head while pushing on the palm of your hand. Don't allow your head to turn and hold for 10 seconds.

2. Then slowly allow your head to rotate while still applying mild resistance. Repeat in the opposite direction. Perform 1 set of 5 reps, once per day.

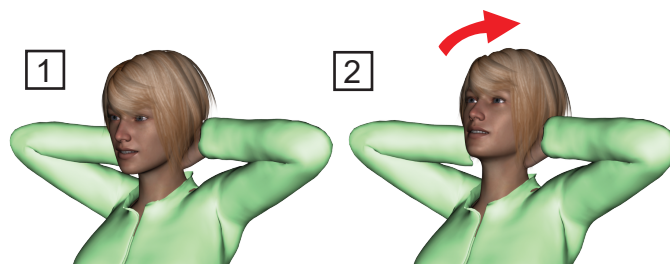
Side Bend



1. Begin with the side of your neck that has the least range of motion. Retract your head (see retraction) and place the palm of your hand on your cheek. Your hand is going to provide resistance so keep it locked in place. Next, try to bend your neck sideways while pushing on the palm of your hand. Don't allow your neck to bend and hold for 10 seconds.

2. Then slowly allow your neck to bend while still applying mild resistance. Repeat in the opposite direction. Perform 1 set of 5 reps, once per day.

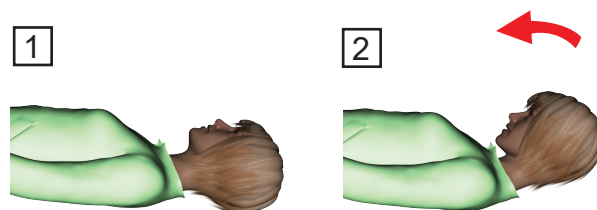
Extension



1. Begin this exercise in the seated position. Retract your head (see retraction). Place both hands behind your head. Your hands are going to provide resistance so keep them locked in place. Push the back of your head into your hands without bending your neck and hold for 10 seconds.

2. Then slowly allow your head to bend while still applying mild resistance. Perform 1 set of 10 reps, once per day.

Flexion



1. Begin by lying on your back with your knees bent (use a firm surface; don't do this on a couch or recliner).

2. Tuck your chin in and lift your head off the ground while looking at your chest. Hold for 5 seconds before returning to the starting position. Repeat 10 times.