

*Wichita Mountain*  
*Neurosurgery*  
*& Spine*

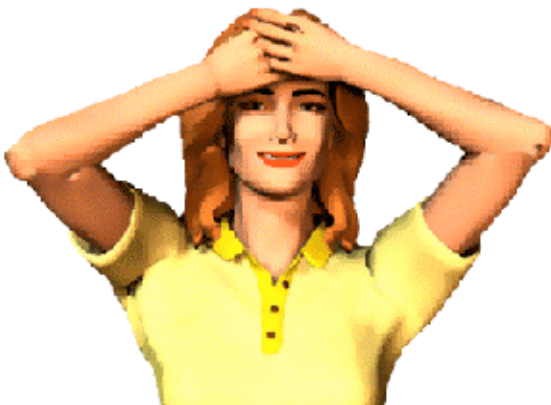
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## Neck Exercises

### **Isometric Exercises**



Resisted extension (neck).- Stand or sit erect. Clasp your hands behind your head -not your neck. Push your head backward against the resisting hands, without moving your head. Hold for a count of 10 (approx 7 seconds) Relax Repeat 3 times.



Resisted flexion (neck) - Stand or sit erect. Place one hand on top of the other on your forehead and push your head forward against the heel of your hand, without moving your head. Hold for a count of 10 (approx. 7 seconds). Relax Repeat 3 times.



Resisted side-bend -Stand or sit erect  
Place your right hand on the right side of your face. Push your head sideward against your hand, without moving your head. Hold for a count of 10 (approx 7 seconds). Relax. Repeat in opposite direction (i.e., left hand on left side of face). Repeat sequence 3 times.

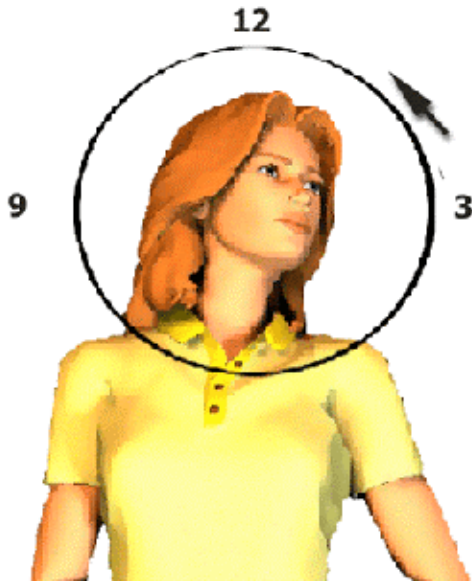
## Range of Motion Neck Exercises

These are done slowly and smoothly. A little discomfort is OK, you've gone too far if you feel pain.



### Active Neck Rotation

1. Lie on your back with your knees bent and your feet flat on the floor. For extra comfort, place a neck roll or a rolled-up towel under your neck. Look straight ahead.
2. Turn your head slowly from side to side, keeping your chin level. Repeat several times to each side, bringing your head back to starting position between each turn.



### Clock Face

1. Lie on your back looking straight ahead, with your knees bent and your feet flat on the floor.
2. Imagine your head against the face of a clock. Slowly draw the outer edge of the clock with your nose. Go clockwise first, then counterclockwise. Repeat several times in each direction.

### Neck Flex

1. Sit up straight in your chair.
2. Gently drop your chin toward your chest. When you feel the stretch, hold then return to the starting position. Repeat.



### Side Bending

- Gently bend your head to the side. When you feel the stretch, hold then return to the starting position. Repeat to the opposite side. Go in each direction three times.