

Exercise plan:
Neck exercises moderate

Patient:
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Date:
01st May 2020

Neck Flattening

Lying flat, tuck your chin down to your chest reducing the gap between your neck and the floor. You will feel a gentle stretch at the top back of your neck. Hold this position, and then relax. Repeat as required.
HEAD ON A PILLOW



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Hold for 3 | Repeat 10 times | Perform 3 times daily

Video: http://youtu.be/gk0_z3iQ6Qc

Superficial Neck Extensor Strengthening

Kneel down on the floor, or on a bed, so you are on your hands and knees. Move your neck downwards, into full flexion (bend). Extend your neck as if you were to look up at the ceiling. Imagine you are rotating your head upwards around an axis going through your ears. This will help to strengthen your superficial neck Extensors.



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Repeat 10 times | Perform 3 times daily

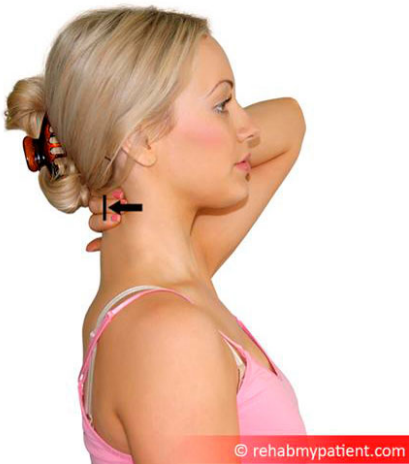
Video: http://youtu.be/p_8VuKxiCRs

Isometric Neck Extension

Place your palm on the back of your head, and resist tilting your head backwards. Your head will stay fairly still. You may feel a gentle contraction of the muscles at the back of your neck.

Hold for 3 | Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/ydbMq0wPirw>



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Neck Rotation

Sit or stand upright with good posture. Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder and back relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

Repeat 10 times | Perform 3 times daily | Perform both sides

Video: http://youtu.be/UbHEH6t_OJQ



Neck Flexion Overstretch

Bend your neck forwards, and place a hand on your back of your head and gently pull your neck so that your chin tucks downwards. This will stretch your neck muscles. Hold the stretch for the required time, and relax.

Hold for 5 | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/VwSRo8kdjeg>

