

Neck Strengthening Exercises

Do these only after acute pain phase has ended!

Restoring strength to the muscles of your neck can decrease pain and help in restoring normal mobility.

Do all exercises with your head in a neutral position. Try to relax completely between repetitions and to breathe normally.

1. **FLEXION** – Put your hands on your forehead and push your head hard into your hands; your hands push back and prevent any movement. Hold for a count of five and relax. Start with three repetitions twice a day and slowly increase.



2. **EXTENSION** – Put your hands behind your head and push your head backwards; your hands push back and prevent any movement. Hold for a count of five and relax. Start with five repetitions twice a day and slowly increase



3. **LEANING** – Put your hand on the side of your head and push your head into it; your hand pushes back and prevents any movement. Hold for a count of five and relax. Start with three repetitions each way, twice a day and slowly increase.



4. **ROTATION** – Put your right hand on the right side of your forehead and your left on the left side of the back of your head. Now try to twist your head to the right while your hands prevent any movement. Hold for a count of five and relax. Do the same thing the other way, with hands reversed. Start with three repetitions each way twice a day and slowly increase.



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