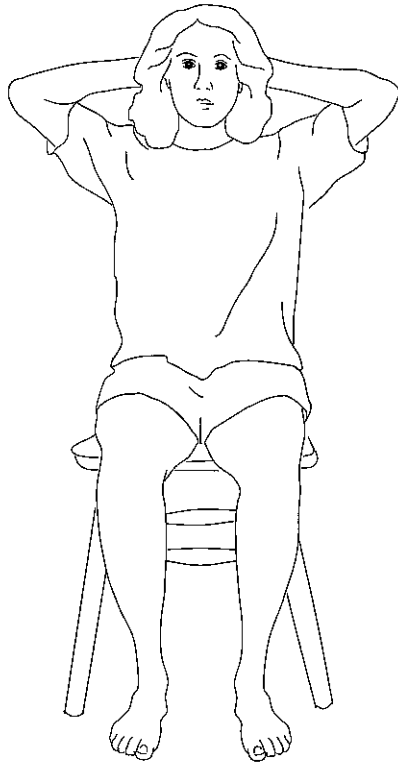


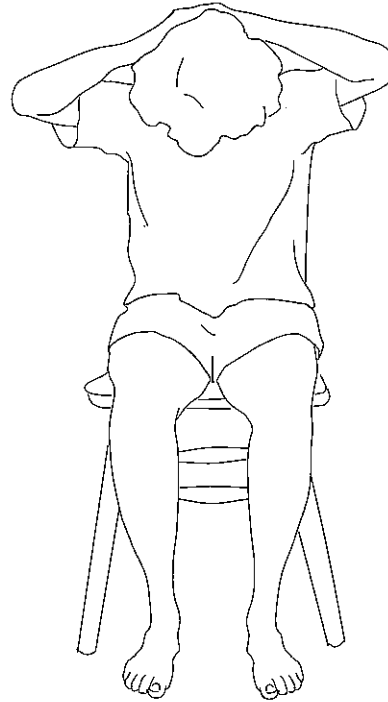
Neck—Hints

1. In bed, support your neck with a pillow placed under it. Your pillow should provide enough support so that your head is not tilted up or down.
2. With tasks such as typing or watching television, be aware of your neck position. Keep your chin tucked in and your head up.
3. Avoid chills on your neck. When in drafty places, wrap a towel or scarf around your neck.
4. Move your neck frequently.
5. Do frequent, gentle exercises to strengthen your neck.
6. Do not move your neck in ways that are painful.
7. Don't keep your neck in the same position too long (over 30 minutes).
8. Do not sleep without supporting your neck (see hint #1).
9. Do not do activities that hurt your neck.
10. Do not carry heavy objects when you are having neck pain, as doing so puts extra stress on your neck.

Neck—Exercise 1



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting in a chair, both hands clasped behind your head.

Exercise: Slowly bring your chin to your chest using your hands to gently stretch the muscles in the back of your neck.

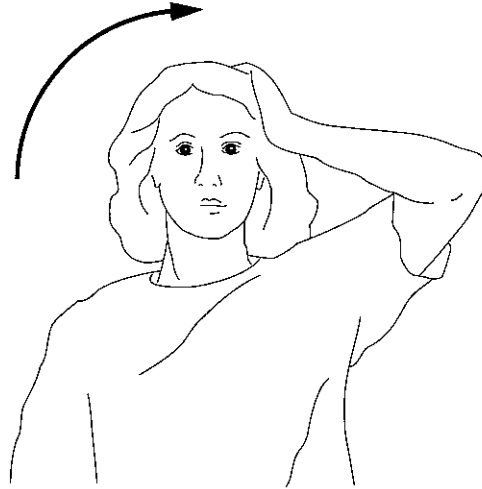
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 21



Patient Name: _____ **Date:** _____

Starting position: Place your left palm over your left ear.

Exercise: Gently tilt your head to the left into your left hand. Your hand should resist any movement of your head. Start with light pressure, build to maximal pressure, then return to light pressure.

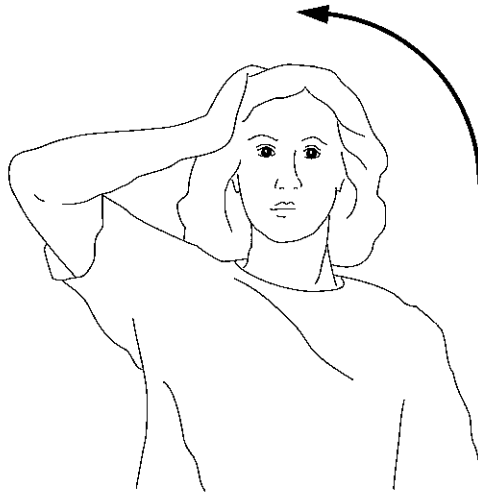
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 20



Patient Name: _____ **Date:** _____

Starting position: Place your right palm over your right ear.

Exercise: Gently tilt your head to the right into your right hand. Your hand should resist any movement of your head. Start with light pressure, build to maximal pressure, then return to light pressure.

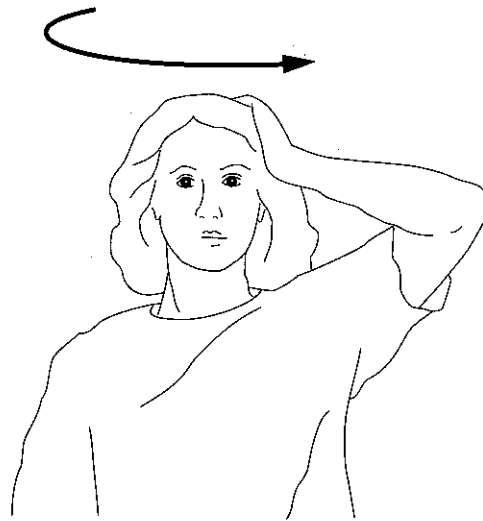
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 19



Patient Name: _____ **Date:** _____

Starting position: Place your left palm on your left temple.

Exercise: Gently turn your head to the left into your left hand. Your hand should resist any movement of your head. Start with light pressure, build to maximal pressure, then return to light pressure.

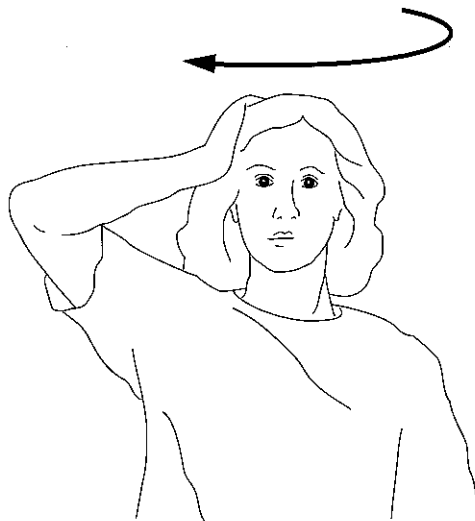
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 18



Patient Name: _____ **Date:** _____

Starting position: Place your right palm on your right temple.

Exercise: Gently turn your head to the right into your right hand. Your hand should resist any movement of your head. Start with light pressure, build to maximal pressure, then return to light pressure.

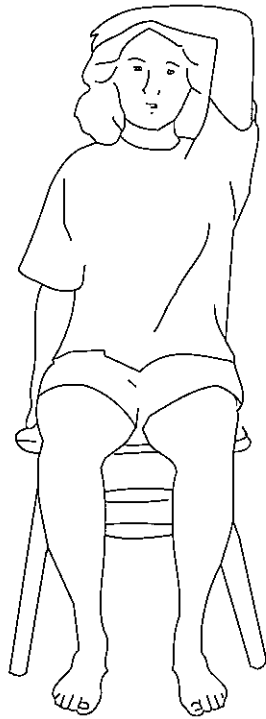
Hold _____ seconds.

Repeat _____ times.

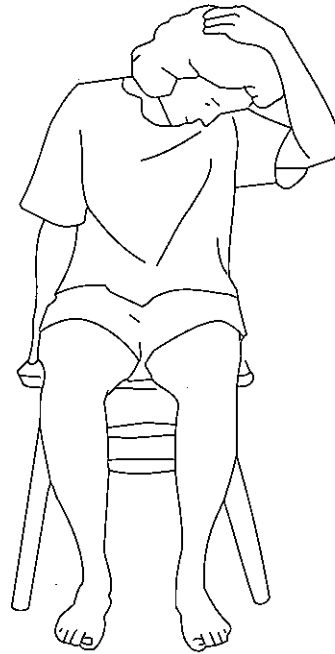
Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 2



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting in a chair. One hand grasps the bottom of the chair. Your opposite hand grasps the back of your head.

Exercise: Turn your head and look toward your thigh opposite the hand that is grasping the chair. Use your hand to gently stretch the muscles in the back of your neck.

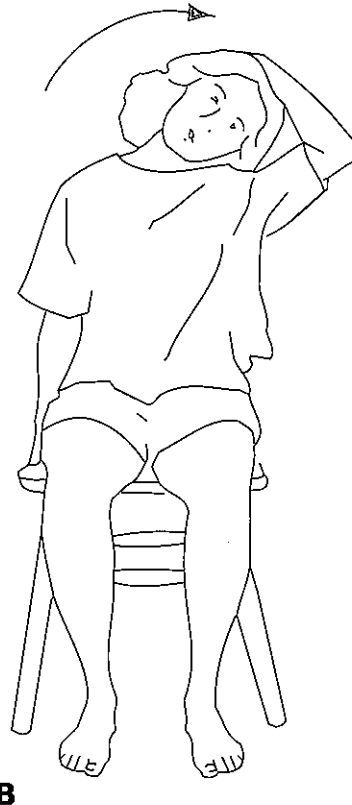
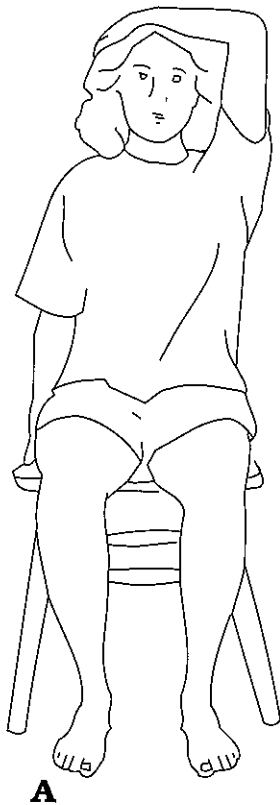
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 4



Patient Name: _____ **Date:** _____

Starting position: Sitting in a chair, hand on the side to be stretched grasping the bottom of the chair. Your opposite hand grasps your head above the ear.

Exercise: Slowly bring your ear toward your shoulder. Use your hand to gently stretch the muscles in the side of your neck.

Hold _____ seconds.

Repeat _____ times.

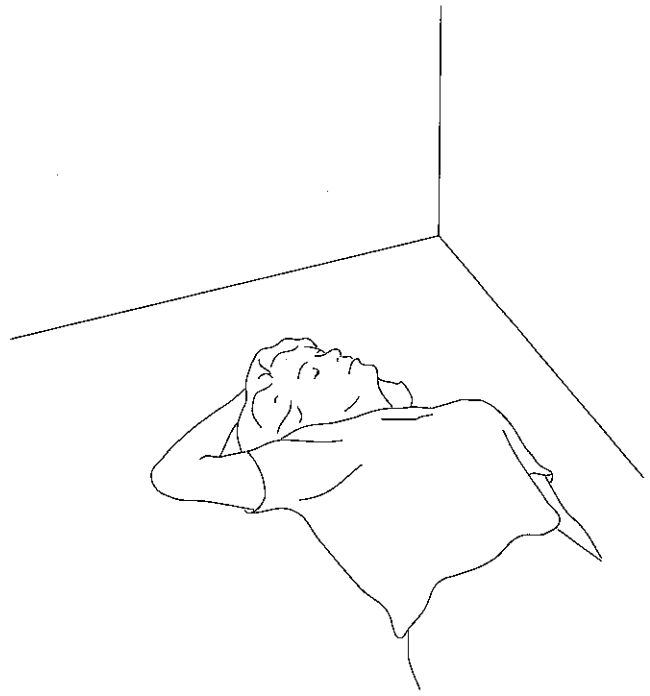
Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 3



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back with your hand tucked under the buttock of the side to be stretched. Your opposite hand grasps your head above the ear.

Exercise: Slowly bring your ear toward your shoulder. Use your hand to gently stretch the muscles in the side of your neck.

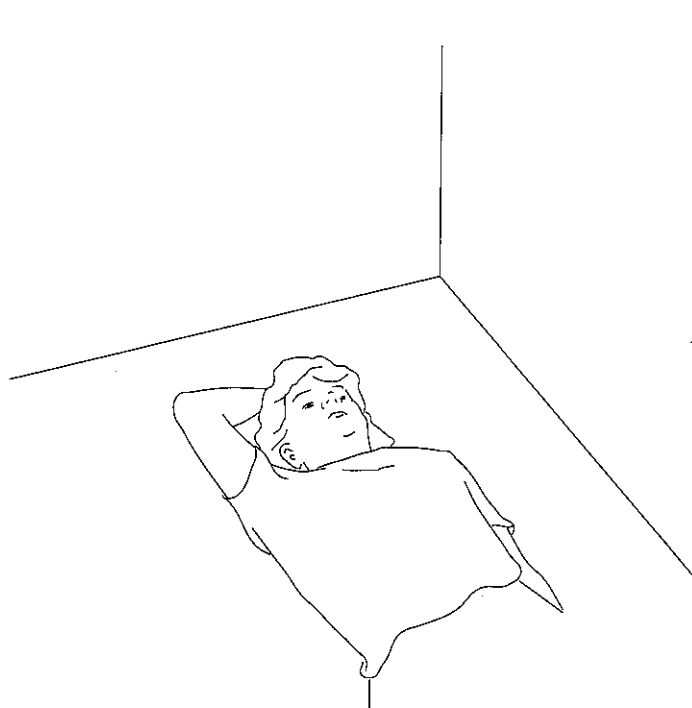
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 5



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back, one hand tucked under the buttock on the side to be stretched. Your opposite hand grasps your head above the ear. Turn your face away from the side to be stretched.

Exercise: Slowly bring your chin toward your shoulder. Use your hand to gently stretch the muscles in the side of your neck.

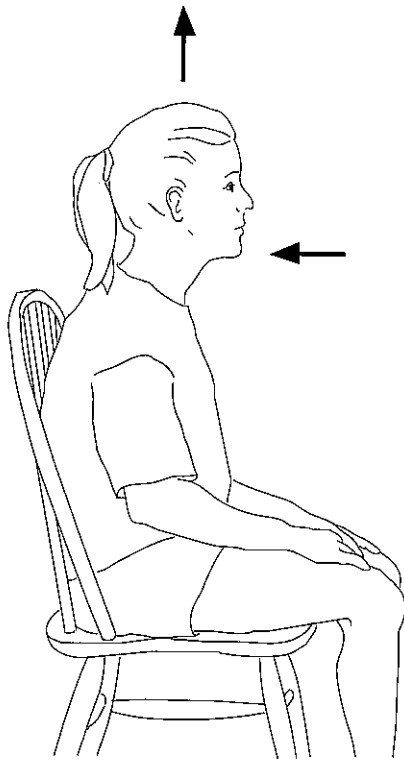
Hold _____ seconds.

Repeat _____ times.

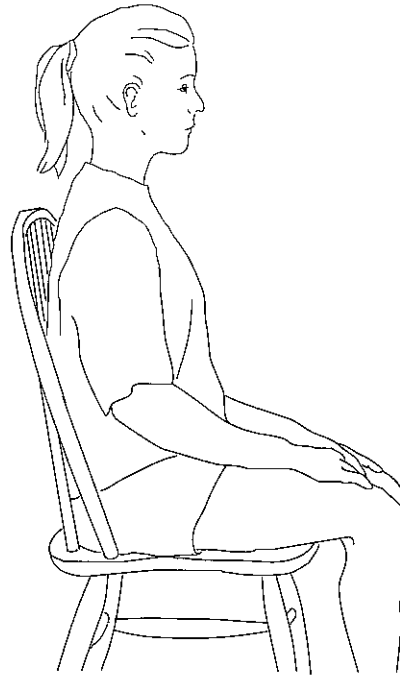
Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 6



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting in a chair. Your hands rest in your lap.

Exercise: Simultaneously pull your head back and up and attempt to keep your eyes level. Your shoulders should follow the movement of your head.

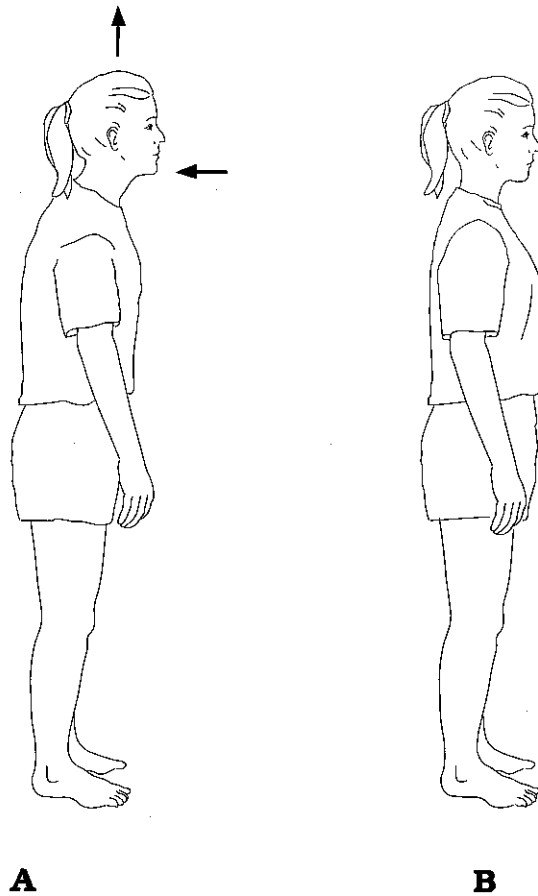
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 7



Patient Name: _____ **Date:** _____

Starting position: Standing.

Exercise: Simultaneously pull your head back and up and attempt to keep your eyes level. Your shoulders should follow the movement of your head.

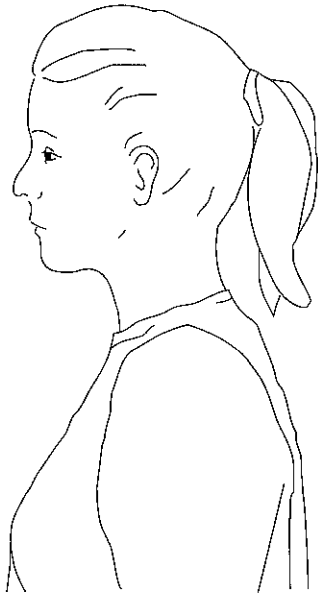
Hold _____ seconds.

Repeat _____ times.

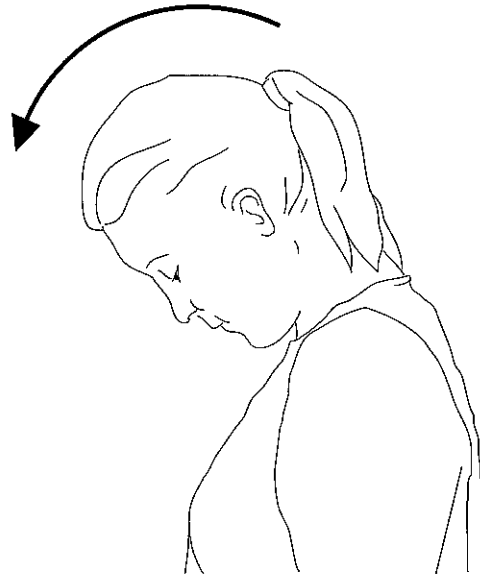
Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 8



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting or standing with good posture.

Exercise: Slowly bend your chin toward your chest. Return to the starting position.

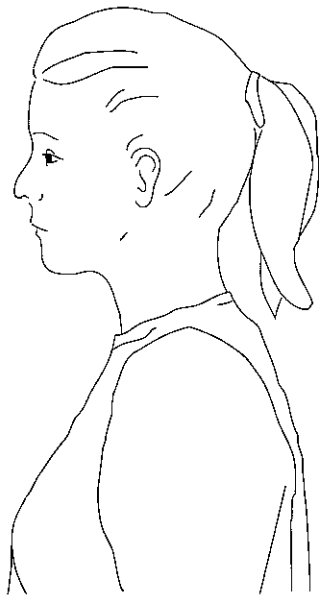
Hold _____ seconds.

Repeat _____ times.

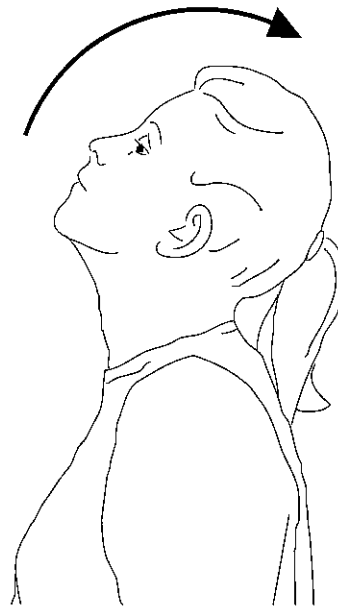
Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 9



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting or standing with good posture.

Exercise: Slowly tilt your head backward and attempt to look at the ceiling. Return to the starting position.

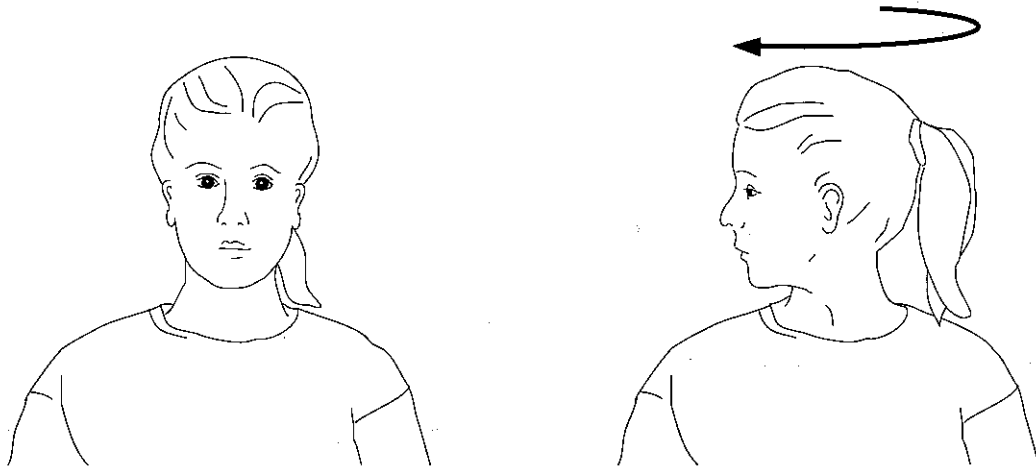
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 10



A

B

Patient Name: _____ **Date:** _____

Starting position: Sitting or standing with good posture.

Exercise: Slowly turn your head to the right and attempt to look over your right shoulder. Return to the starting position.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 11



A

B

Patient Name: _____ **Date:** _____

Starting position: Sitting or standing with good posture.

Exercise: Slowly turn your head to the left and attempt to look over your left shoulder. Return to the starting position.

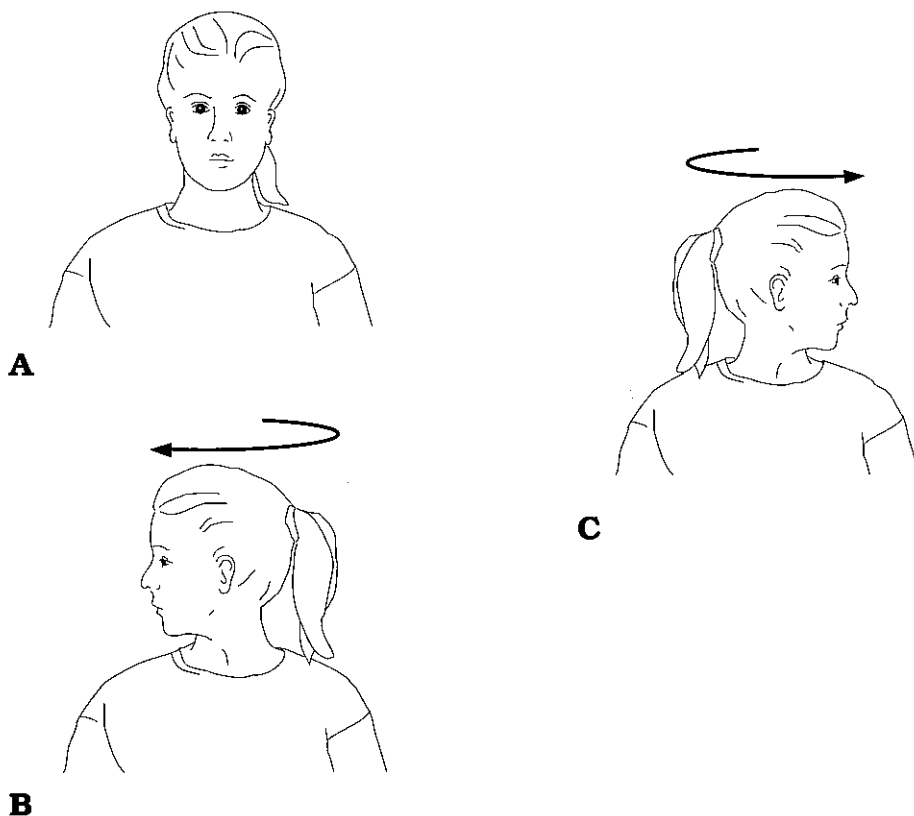
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 12



Patient Name: _____ **Date:** _____

Starting position: Sitting or standing with good posture.

Exercise: Slowly turn your head to the right and attempt to look over your right shoulder. Then, slowly turn your head to the left and attempt to look over your left shoulder. Return to the starting position.

Hold _____ seconds.

Repeat _____ times.

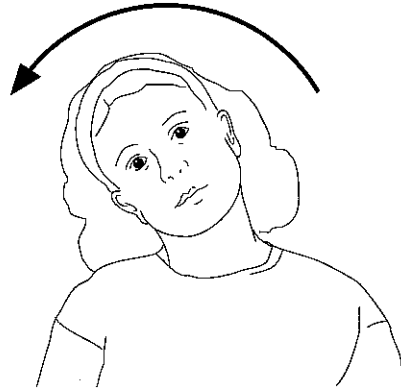
Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 13



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting or standing with good posture.

Exercise: Slowly tilt your head to the right and attempt to bring your right ear toward your right shoulder. Return to the starting position.

Hold _____ seconds.

Repeat _____ times.

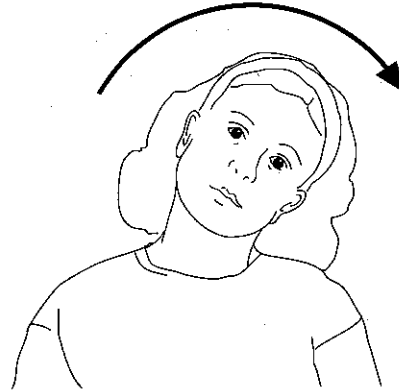
Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 14



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting or standing with good posture.

Exercise: Slowly tilt your head to the left and attempt to bring your left ear toward your left shoulder. Return to the starting position.

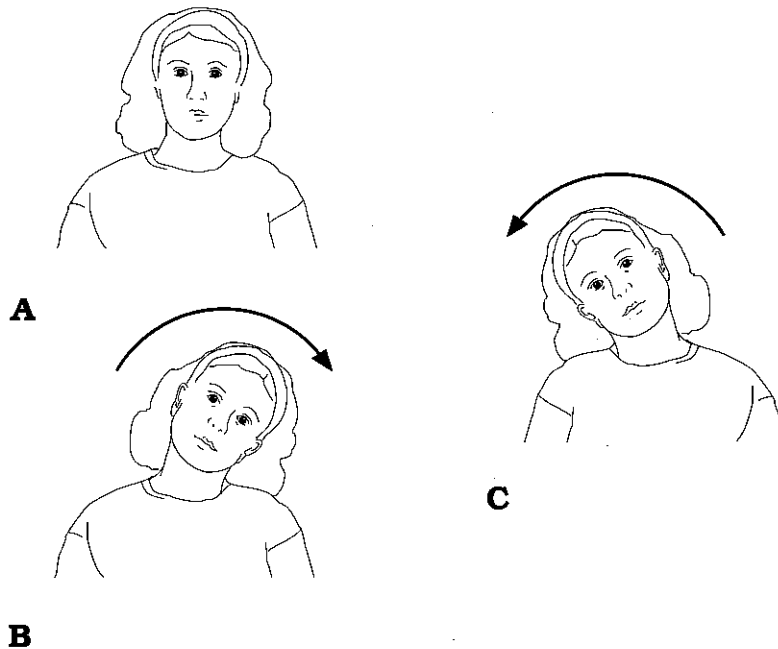
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 15



Patient Name: _____ **Date:** _____

Starting position: Sitting or standing with good posture.

Exercise: Slowly tilt your head to the right and attempt to bring your right ear toward your right shoulder. Then, slowly tilt your head to the left and attempt to bring your left ear toward your left shoulder. Return to the starting position.

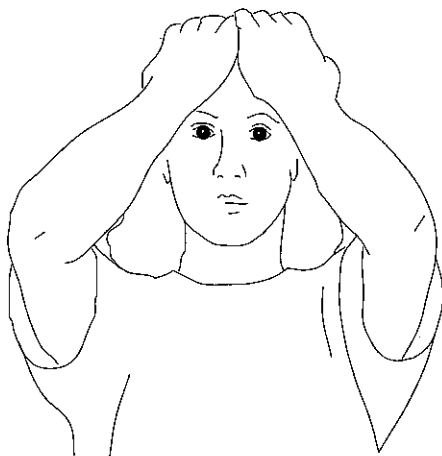
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 16



Patient Name: _____ **Date:** _____

Starting position: Place your palms on your forehead.

Exercise: Gently push your head forward into your hands. Your hands should resist any movement of your head. Start with light pressure, build to maximal pressure, then return to light pressure.

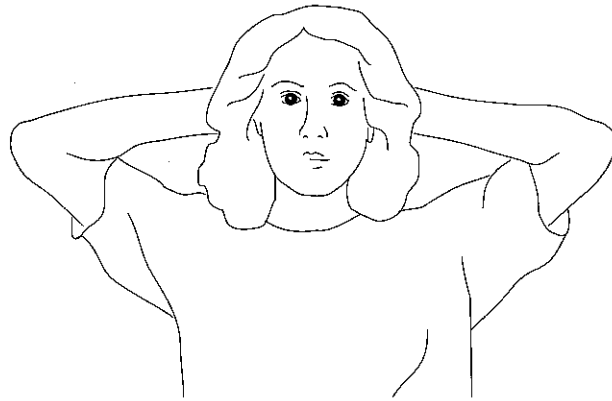
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 17



Patient Name: _____ **Date:** _____

Starting position: Sitting or standing. Clasp your hands behind your head.

Exercise: Gently push your head backward into your hands. Your hands should resist any movement of your head. Start with light pressure, build to maximal pressure, then return to light pressure.

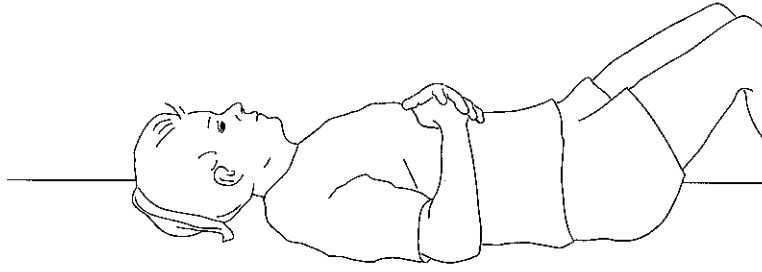
Hold _____ seconds.

Repeat _____ times.

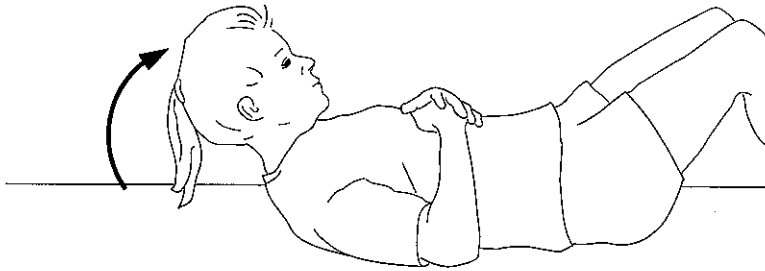
Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 22



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back, knees bent and head on the floor.

Exercise: Slowly lift your head off the floor and attempt to bring your chin toward your chest.

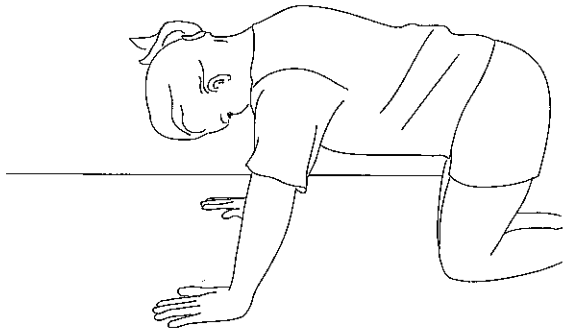
Hold _____ seconds.

Repeat _____ times.

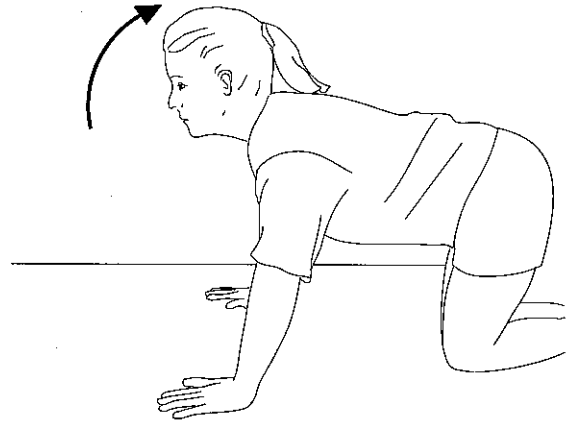
Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 23



A



B

Patient Name: _____ **Date:** _____

Starting position: On your hands and knees.
Hands and knees are shoulder width apart.

Exercise: Slowly tilt your head backward and attempt to lift your face toward the ceiling.

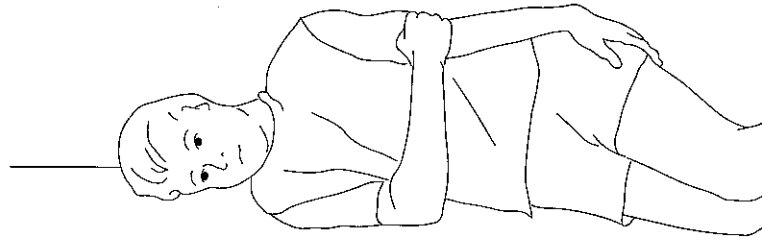
Hold _____ seconds.

Repeat _____ times.

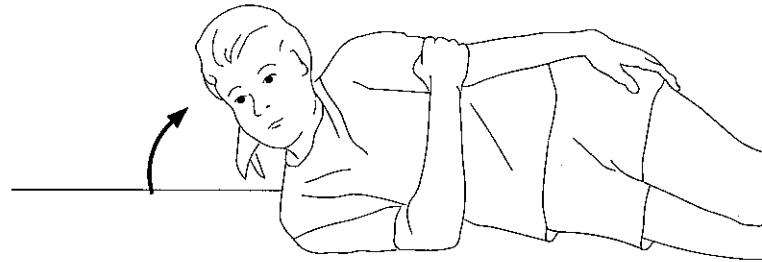
Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 24



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your side with your head on the floor. The forearm of the side you lie on is bent, and grasps the opposite arm.

Exercise: Slowly lift your head off the floor and attempt to bring your ear toward your shoulder.

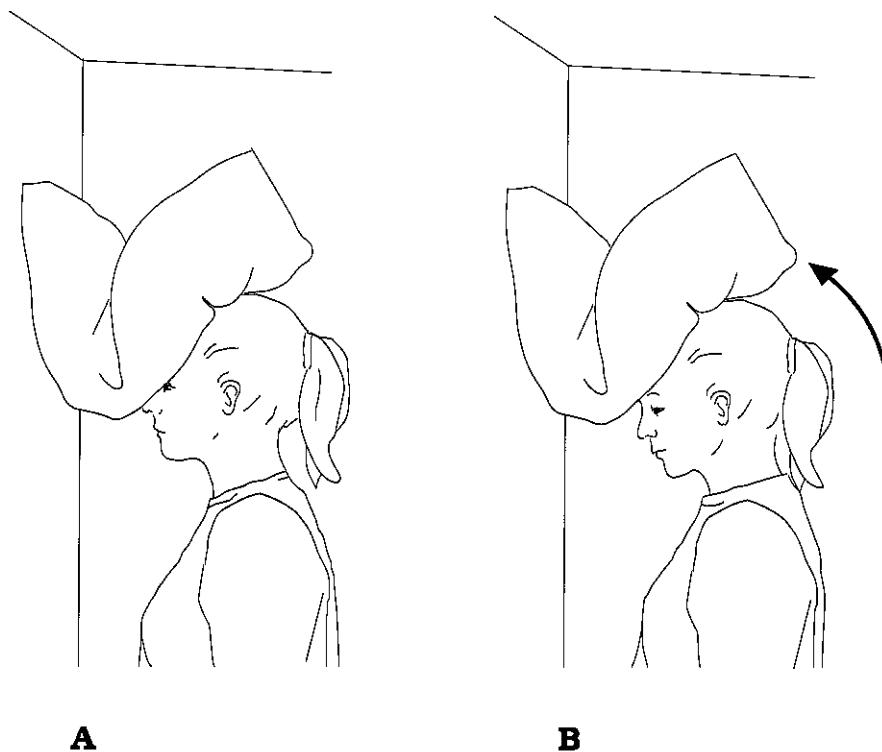
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 25



Patient Name: _____ **Date:** _____

Starting position: Standing with a folded pillow between your forehead and a wall.

Exercise: Gently press your forehead into the pillow as you push your chin toward your chest.

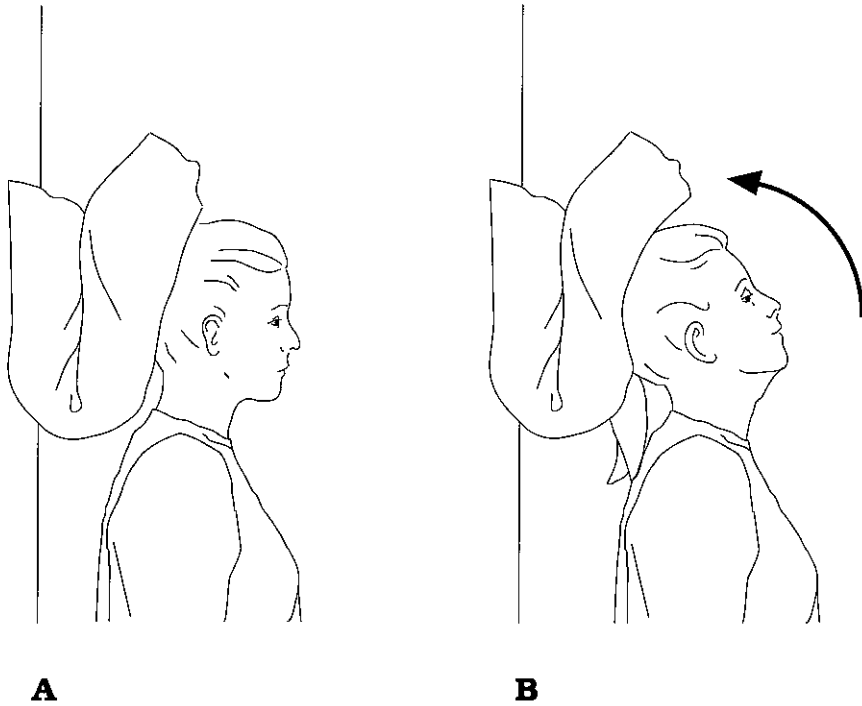
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 26



Patient Name: _____ **Date:** _____

Starting position: Standing with a folded pillow between the back of your head and a wall.

Exercise: Gently press the back of your head into the pillow as you tilt your head backward and attempt to look at the ceiling.

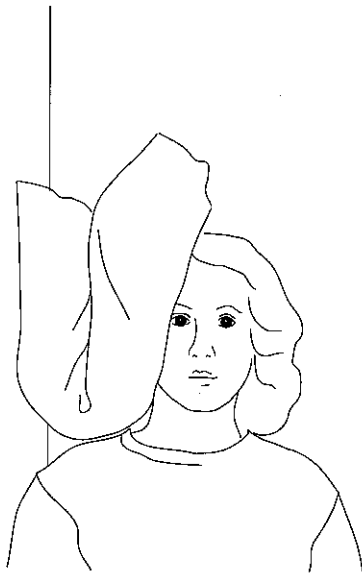
Hold _____ seconds.

Repeat _____ times.

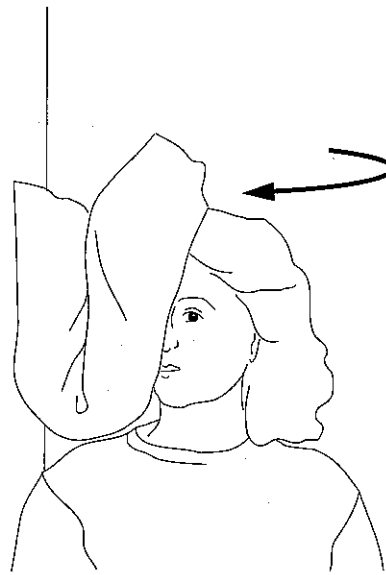
Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 27



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing with a folded pillow between the side of your head and a wall.

Exercise: Gently turn your head into the pillow and attempt to bring your nose toward the wall.

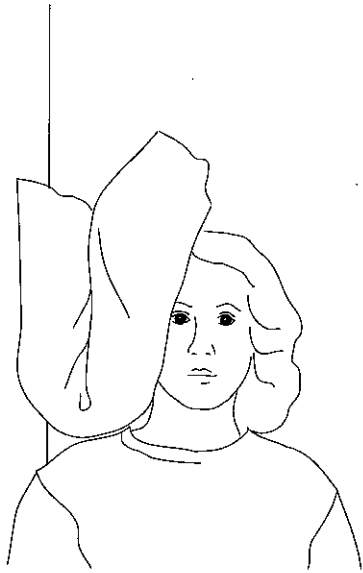
Hold _____ seconds.

Repeat _____ times.

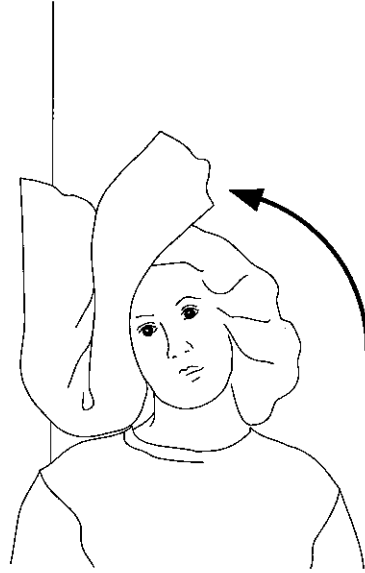
Do _____ sessions per day.

Special Precautions/Comments: _____

Neck—Exercise 28



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing with a folded pillow between the side of your head and a wall.

Exercise: Gently tilt your head into the pillow and attempt to bring your ear toward your shoulder.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

