

Neck Exercises

Extension – Hanging off Bench

Lie face down on a bench or on bed.

Allow head to hang down in the fully flexed position.

Extend head to the fully extended position.

Hold for three deep breaths.

Return to the start position and repeat.

Flexion – Hanging off Bench

Lie face up on a bench or on bed.

Allow head to hang down in the fully extended position.

Flex head to the fully flexed position (bringing chin to chest).

Hold for three deep breaths.

Return to the start position and repeat.

Seated – Lateral Pull

From a seated position, place one hand (left) slightly beyond top of head.

Pull head gently to opposite side with hand (towards left).

Hold for three deep breaths.

Return to the start position and repeat for opposite side.