

Neck Isometric Exercises

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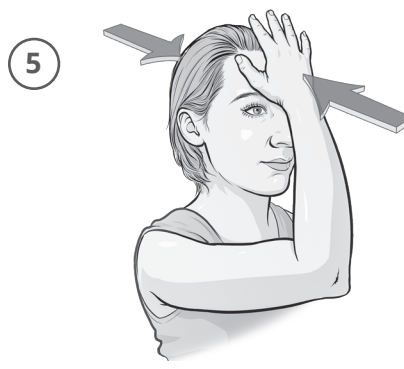
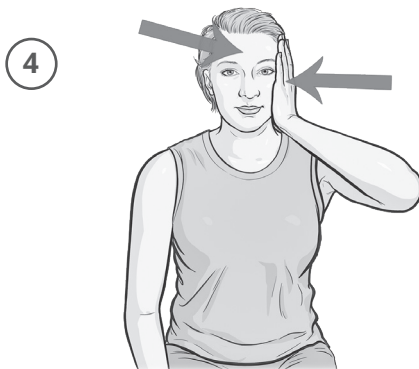
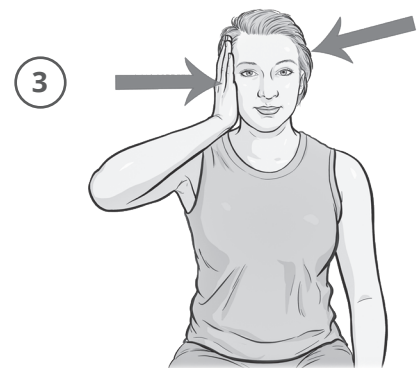
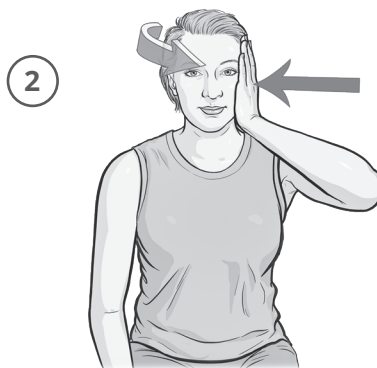
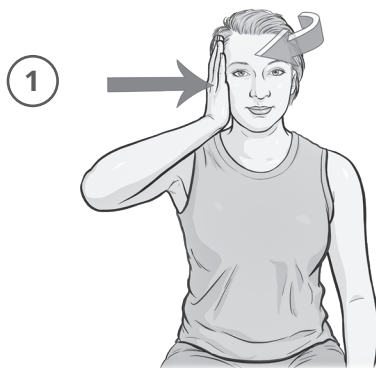
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Caution: Please consult your healthcare professional before you attempt these exercises.

Perform
twice a day

The aim of these exercises is to contract your neck muscles against your own resistance while your head remains stationary.

1. **Right Rotation:** Place your right hand against the right side of your head. Attempt to turn your head toward the right side while applying resistance with your hand for about 10 seconds. Repeat this exercise 3 times.
2. **Left Rotation:** Place your left hand against the left side of your head. Attempt to turn your head toward the left side while applying resistance with your hand for about 10 seconds. Repeat this exercise 3 times.
3. **Right Lateral Flexion:** Place your right hand against the right side of your head. Attempt to push your head to the right side while applying resistance with your hand for about 10 seconds. Repeat this exercise 3 times.
4. **Left Lateral Flexion:** Place your left hand against the left side of your head. Attempt to push your head to the left side while applying resistance with your hand for about 10 seconds. Repeat this exercise 3 times.
5. **Flexion:** Place your right hand against your forehead. Attempt to push your head forward while applying resistance with your hand for about 10 seconds. Repeat this exercise 3 times.
6. **Extension:** Place your left hand behind your head. Attempt to push your head backward while applying resistance with your hand for about 10 seconds. Repeat this exercise 3 times.



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