



NECK CARE TIPS

DO:

- keep your neck warm
- wear a scarf when going outside or in drafty areas
- tuck in your chin while looking down
- when lying on your back or side
 - use pillows for support
 - keep head in straight alignment with body
- strengthen your neck by
 - moving head 10 times every hour throughout the day
 - moving head forward and side to side
 - avoiding painful positions
 - avoiding activities that irritate your neck

DONT:

- tilt or rotate head to side when lying on back or side,
- keep your head in one position too long,
- sleep on your stomach, or, - carry heavy objects

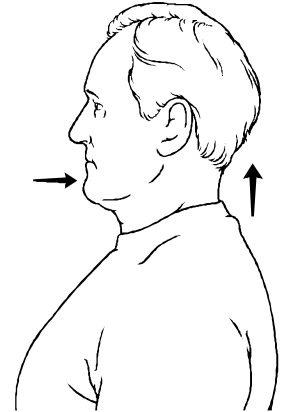
NECK - 2 Axial Extension

Gently pull chin in while lengthening back of neck.

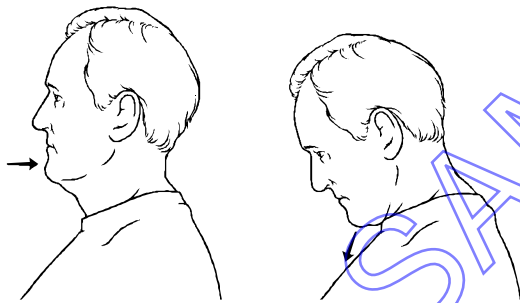
Hold 1-2 seconds.

Repeat 10 times.

Do 3-4 sessions per day.



NECK - 4 Range of Motion (Flexion)



Gently tuck in chin and bring toward chest. Hold 1-2 seconds. This exercise can also be done on back for more resistance.

Repeat 10 times. Do 3-4 sessions per day.

NECK - 6 Active Neck Rotation

With head in a comfortable position and chin gently tucked in, rotate head to the right.

Hold 1-2 seconds.

Repeat to the left.

Repeat 10 times.

Do 3-4 sessions per day.



NECK - 5 Lateral Flexion

With head in comfortable, centered position and chin slightly tucked, gently bring right ear toward right shoulder.

Hold 1-2 seconds.

Repeat with left side.

Repeat 10 times.

Do 3-4 sessions per day.



NECK - 7 Shoulder Shrug

Bring shoulders up toward ears.

Hold 1-2 seconds.

Relax.

Repeat 10 times.

Do 3-4 sessions per day.

