

Neck Strengthening Exercises

These exercises should only be started later in your recovery. If you are not sure when to start, ask your Physiotherapist.

1. Isometric neck rotation.

Isometric exercises involve pushing against a gentle resistance without any movement of the neck.

Sit in the correct postural position. Make sure your chin is relaxed and slightly down. Place your right hand on your right cheek. Gently try to turn your head into your fingers to look over your right shoulder but allow no movement. Hold the contraction for five seconds. Use 10% to 20% effort, no more! Repeat with the left hand on the left cheek. Do five repetitions of the holding exercise to each side.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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Neck strengthening exercises whilst 4-point kneeling

Firstly, adopt the 4-point kneeling position. Begin by ensuring your knees are directly under your hips, and your hands under your shoulders. Your low back should be in a neutral position that is, with a natural arch. Gently draw your belly button to your spine (10% effort). Push gently through your shoulder blades, so that your upper back is level. Draw your shoulders gently away from your ears, or toward your hips. Lift your head up so that it is

level with your shoulders, but maintaining a gentle chin tucked or nod position.



Once you can comfortably hold the 4-point kneeling position, then you can start with the exercises outlined below.

2. Neck bending and extension in 4-point kneeling.

Adopt the safe 4-point kneeling position.

Slowly look up toward the ceiling as far as you can go. Hold for 5-10 seconds.

Follow this by slowly bending your neck, leading the movement with a chin tuck or nodding action. Continue the neck bending movement as far as possible, aim for your chin to touch your chest.

Throughout this movement you should hold the neutral lower back and shoulder blade posture described above. Perform 5-10 repetitions.



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3. Neck rotation in 4-point kneeling.

Adopt the safe 4-point kneeling position. Slowly rotate (turn your neck to one side). It is important to maintain the gentle chin tuck or 'nod' position throughout the movement. Also, make sure your head stays level with your body, and does not drop down. If you do this exercise correctly, you should be looking over your shoulder at the end of the movement. It helps to do this exercise side on to a mirror so that

you can check your head position. Repeat to the other side. Perform 5-10 repetitions.



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