

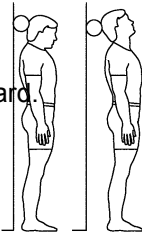
Neck Exercises

Neck Extension with Ball on Wall

- Stand with back against wall.
- Place small ball behind head.
- Bend neck backward, and roll ball downward.
- Roll ball back up and repeat.

Special Instructions:

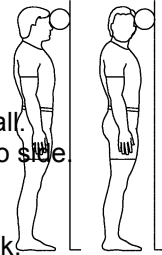
This exercise can also be done with head turned to the left or right about 45 degrees.



Perform 2 sets of 10 Repetitions, 3x per week.

Neck Rotation with ball on wall.

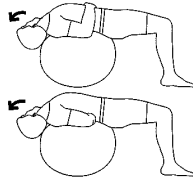
- Stand facing wall.
- Place ball on wall and place forehead on ball.
- Turn head to left and right rolling ball side to side.



Perform 2 sets of 10 Repetitions, 3x per week.

Neck Stretch while Extended on Ball

- Lie on ball face up, head back.
- Place hands over hips.
- Roll backward letting head turn to left and then right.
- Roll ball toward shoulders and place hands behind back.
- Roll backward and repeat the neck stretch to the left and right.
- Repeat.



Perform stretch twice.
Hold exercise for 20 Seconds.

Chin Tuck while resting on stomach.

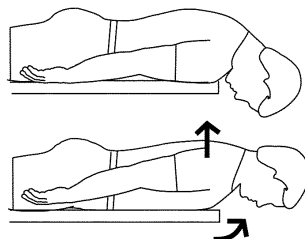
- Lie face down on bench or firm bed with arms at side, head off the edge of bed.
- Lower head down and relax shoulders.
- Tuck chin in and raise head and shoulders upward to line up with the spine.
- Relax and repeat.

Special Instructions:

Do not extend neck and head past midline.

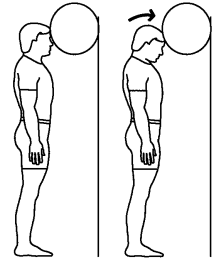
Perform 2 sets of 10 Repetitions, once a day.

Rest 30 seconds between sets.



Neck Flexion with Ball on Wall

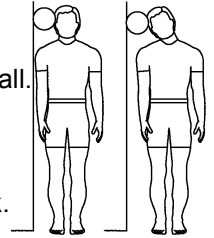
- Stand facing wall.
- Place ball against wall at forehead level.
- Position forehead on ball.
- Slowly bend neck forward as shown.
- Return to start position and repeat.



Perform 3 sets of 20 Repetitions, once a day.

Neck side bends with ball on wall.

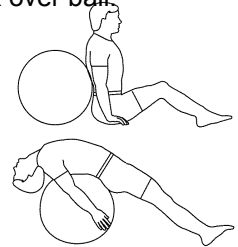
- Stand side to wall.
- Place ball against wall with head resting on ball.
- Bend neck sideways, rolling ball downward.
- Roll ball back up and repeat.



Perform 2 sets of 10 Repetitions, 3x per week.

Spine Stretch on Ball

- Sit on floor with shoulders on ball.
- Slowly push backward, arching back over ball.
- Return to start position and repeat.



Perform stretch twice.
Hold exercise for 20 Seconds.
Rest 30 seconds between sets.

Shoulder Elevation & Roll with Rubber Band

- Stand, arms at sides.
- Stand on elastic as shown, holding elastic in hands.
- Raise shoulders upward towards ears, and roll backwards.
- Return to start position.

Perform 2 sets of 10 Repetitions, once every other day.

Use yellow Elastic.

Rest 30 seconds between set

