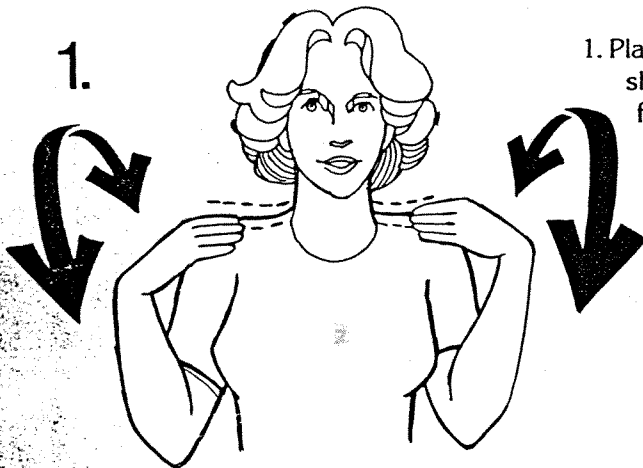


# Exercises to Increase Range of Motion in Neck

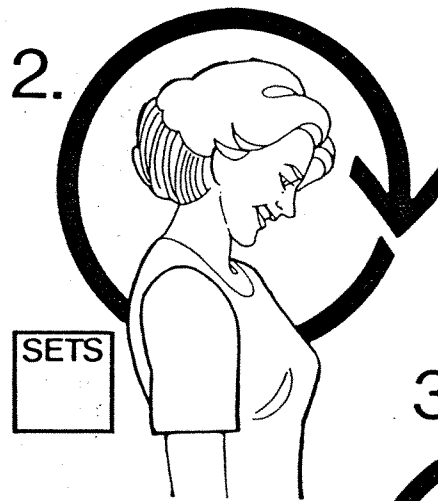
**CAUTION**  
No exercise program should be undertaken without the approval, instruction and monitoring of your doctor of chiropractic.

Do each of the exercises as directed by your doctor of chiropractic. The exercises should be done slowly and gently. Do not force the motions of the head and neck beyond the point of pain.

Remember the key to joint function is flexibility, mobility and strength. It is impossible to obtain normal range of motion of the neck without proper exercise.



1. Place your fingers on your shoulders. Hunch your shoulders up high and rotate in a circular motion forward, then reverse and rotate the shoulders backwards.



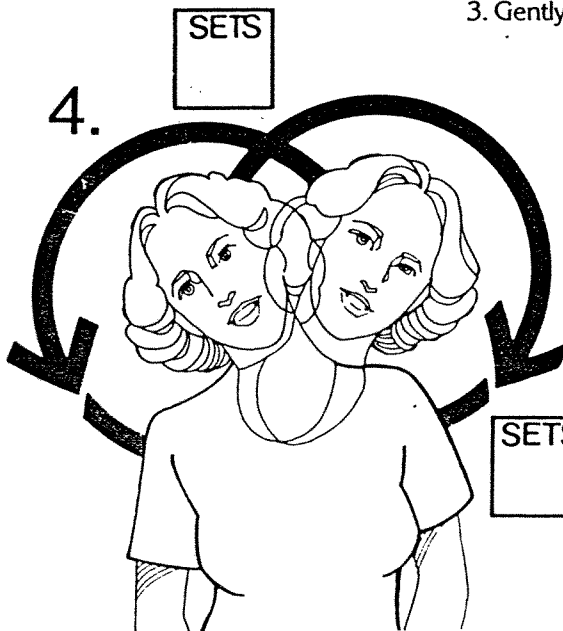
2. Tuck your chin. Gently bend the head forward attempting to touch the chin to the chest.

SETS



3. Gently bend the head backwards to its limit.

SETS



4. Bend the head to the right as far as possible, attempting to touch ear to shoulder. Do not rotate head in this exercise.

SETS

5.

5. Bend the head to the left as far as possible, attempting to touch ear to shoulder. Do not rotate head in this exercise.

# Exercises To Rehabilitate and Strengthen the Neck

**CAUTION**  
No exercise program should be undertaken without the approval, instruction and monitoring of your doctor of chiropractic.

The following is a group of isometric exercises designed to strengthen your neck muscles. If the procedure causes pain, it is recommended you use less force and reduce the number of repetitions. As you gain strength in the neck, you should be able to increase both the force and number of times you are able to perform the exer-

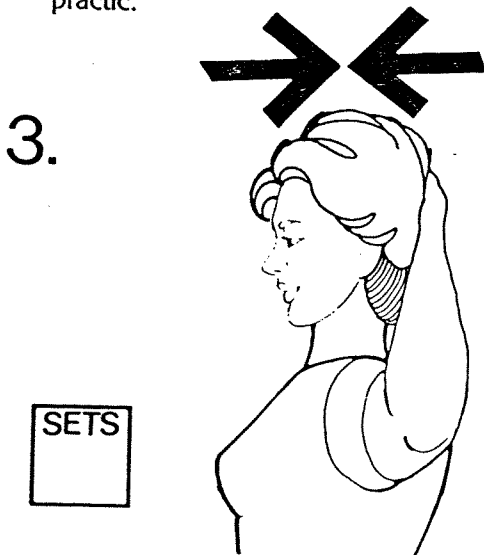
cises. Do *not* use any additional weight or devices in neck exercises. An application of moist heat before you start will aid in performance. When doing exercises, do not hold your breath. Check with your doctor before you begin neck exercises.



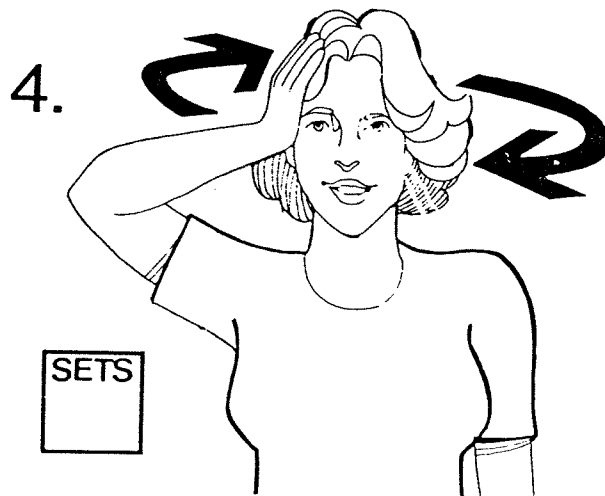
1. Press your palms against your forehead and push against each other, resisting motion. Hold for 5 seconds, relax slowly. Do exercise three times. Repeat as recommended by your doctor of chiropractic.



2. Place your hand against the side of your head. Attempt to bring your ear to your shoulder, resisting motion. Repeat exercise on opposite side. Hold for 5 seconds, relax slowly. Do exercise three times. Repeat as recommended by your doctor of chiropractic.



3. Cup both hands against the back of your head. Try to push your head back, resisting motion. Hold for 5 seconds, relax slowly. Do exercise three times. Repeat as recommended by your doctor of chiropractic.



4. Place your right hand against your right temple. Attempt to turn your chin to your right shoulder, resisting motion. Repeat exercise on opposite side. Hold for 5 seconds, relax slowly. Do exercise three times. Repeat as recommended by your doctor of chiropractic.