

Neck Exercises

The following stretches can keep you neck muscles flexible and strong. A regular neck exercise program can help relieve stiffness and muscle tension.



Tilt From Front To Back

1. Tilt your head slowly back, far enough so you can look up.
2. Hold posture for a moment.
3. Return slowly to front position.
4. Do 5-10 repetitions of this exercise 3 times a day.



Tilt From Side To Side

1. Keep your head straight as you slowly tilt it over to the side.
2. Don't go so far that you touch your ear with your shoulder.
3. Hold posture for a moment.
4. Return your head to center position.
5. Move your head to opposite shoulder.
6. Do 5-20 repetitions of this exercise 3 times a day.



Rotate Head From Side To Side

1. Slowly turn your head as far as you can.
2. Hold posture for a moment.
3. Return your head to the center.
4. Move your head in the opposite direction.
5. Do 5-10 repetitions of this exercise 3 times a day.



Side Resistance

1. Hold one hand against the side of your head.
2. Use your hand to resist the movement as you try to touch your shoulder with your ear.
3. Hold this position for a count of 5.
4. Relax and repeat on opposite side.
5. Do 5-10 repetitions of this exercise 3 times a day.



Forward Resistance

1. Hold both hands against your head.
2. Try to move forward, but resist the movement with your hands.
3. Hold this posture for a count of 5.
4. Relax.
5. Do 5-10 repetitions of this exercise 3 times a day.



Backward Resistance

1. Place both hands behind your head.
2. Try to move your head backwards, but resist the movement with your hands. Don't tip chin.
3. Hold this posture for a count of 5.
4. Do 5-10 repetitions 3 times a day.

This information is not intended as a substitute for proper health care. If you are being treated for a neck problem, exercise under the direction of your health care provider.