



PRIME CARE
CHIROPRACTIC CENTERS

Home Rehabilitation Routine

“Neck Strengthening Exercises”

*3 simple, quick, equipment free exercises that
EVERYONE can benefit from!*

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- 1) **Chin Tuck**- Great for strengthening the deep neck flexor muscles. These are the muscles that fatigue quickly when you look down for extended periods of time. These are also the muscles can cause headaches if they become spastic or strained.

Begin by either sitting or standing in a comfortable position. Now take one of your hands and lightly push your chin backwards. If you look in the mirror while doing this, you will likely have a double chin. Press and hold for 3 seconds. Perform this 10-15 times several times during the day.

Tips: This exercise is a great and easy tool that can be done any time in any setting!

Goals: It is easier to press the chin in with your hand; once you feel comfortable with this step, try tucking your chin using only your neck muscles.



- 2) **Cervical Isometrics**– To put simply, you can think of isometric as “same distance/length.” In this exercise, you will be keeping the neck muscles the same length as opposed to lengthening or shortening them.

Begin by either sitting or standing in a comfortable position. Now take one of your hands and lightly hold the front of your head. Using your head, press into your hand and hold for 5 seconds. Perform this 5-10 times several times during the day. Use this same set-up on each side of your head. (Do a minimum of the front, back, and left & right side,

Tips: Try not to push too aggressively into your hand. A simple resistance is enough to do the trick.

Goals: Once you have mastered these 4 directions, add in additional directions such as forward and to the right/left, or backwards and to the right/left. Adding in more directions will strengthen the different layers and muscles groups.



- 3) **Cervical ROM**– Range of motion of the neck is a critical part of how the rest of our body moves. The vertebrae in our neck are unique due to the structure of the joints allowing motion in all planes: flexion, extension, lateral flexion, and rotation.

Begin by either sitting or standing in a comfortable position. Begin by only using your neck to look up. While looking up, take several deep breathes and relax. After a few seconds, come back to neutral. Now look down trying to tuck your chin into your chest. Take several deep breathes and relax. After a few seconds, come back to neutral. Perform this same task while using only your head to look right and left. After looking right and left, move onto lateral flexion and try to bring your ear to your shoulder without raising your shoulder.

Tips: Try not to strain too much reaching the end of each range of motion. The goal of this exercise is to perform the motions while allowing the muscles to relax.

Goals: This is a great exercise that can be done any time in any setting. Perform it as many times as possible!

