Head Retraction Exercises

Sitting

Lying

With Extension - Sitting

With Extension - Lying
NECK EXERCISES

**Goal:** 6-8 sessions everyday
- Decrease pain -- Increase function

**Key Points:**
- Relax and breathe with each exercise
- Hold position of each exercise for 2-3 seconds (inhale-exhale-relax)

**Each Session:**
- **Head retraction** (sitting or lying) – 10X
- **Head retraction with extension** (sitting or lying) – 10X
- **Head retraction with side bending** – 5X each side
- **Head retraction with rotation** – 5X each side
- **Head retraction with flexion** – 5X
- **Head retraction with extension** (sitting or lying) – 10X
- **Scapular retraction** – 5X