Head Retraction Exercises

With Extension - Sitting

With Extension - Lying

Sitting

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