Head Retraction Exercises

**Sitting**

**With Extension - Sitting**

**Lying**

**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