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