



STRETCHING EXERCISES - DAILY

Begin with a light warm-up for 10-15 minutes such as walking, biking on stationery bike, marching in place (aerobic activities should be selected that minimize joint stress). If pain, stiffness and fatigue are barriers to exercise, you might benefit from a warm shower or warm compress prior to exercise. Always maintain a steady stretch, never bouncing and do not force a stretch (go to the point of mild tension but not pain). Stretches may have a range of time to hold. Start with the shortest time and work your way to the longest time as you feel comfortable. For each additional repetition, try to stretch just a little further as you are able to do without pain. Remember to breathe throughout the stretch.

FLEXION AND EXTENSION STRETCH



Start in a neutral neck position looking forward and shoulders relaxed. Tuck the chin to your chest and hold 10 seconds. Slowly release and tip head back, lifting your chin toward the ceiling. Slowly release and return to starting position.

Hold 10 seconds | 3 reps each direction

LATERAL EXTENSION STRETCH



Start in a neutral neck position looking forward and shoulders relaxed. Lean your head to one side, bringing ear towards shoulder (but not touching). Keep chin up and only go to point of tension. Hold then return to starting position. Lean head to the other side.

Hold 10 seconds | 3 reps each direction

ROTATION STRETCH



Start in a neutral neck position looking forward and shoulders relaxed. Turn head to the right, bringing your chin towards the right shoulder. Stop at the point of tension and hold. Slowly release and turn head to the left, bring your chin toward your left shoulder. Hold then return to starting position.

Hold 10 seconds | 3 reps each direction

CHIN RETRACTION STRETCH



Start in a neutral neck position looking forward. Keeping your head level, glide your head backward until your chin is retracted (not tucked down to chest). Hold then release to starting position.

Hold 10 seconds | 8-12 reps



STRENGTHENING EXERCISES- 2/3 TIMES A WEEK (NONCONSECUTIVE DAYS)

Strengthening activities should start at a relatively low intensity and gradually progress as pain tolerates.

TO EXERCISE MUSCLES ON THE RIGHT SIDE OF THE NECK



Put your right hand against the right side of your head above your ear. As you press against the side of your head with your hand, also press your head back against your hand. You should feel the muscles at the side of your neck tighten, but your head should not move to either side. Press firmly, but not quite as hard as you can.

Hold 10 seconds | 3 reps each direction

TO EXERCISE MUSCLES ON THE LEFT SIDE OF THE NECK



Put your left hand against the left side of your head above your ear. As you press against the side of your head with your hand, also press your head back against your hand. You should feel the muscles in the side of your neck tighten, but your head should not move to either side. Press firmly, but not quite as hard as you can.

Hold 10 seconds | 3 reps each direction

TO EXERCISE MUSCLES AT THE BACK OF THE NECK



Place your fingers or put one hand over the other and place your hands at the back of your head. Press your hands against your head at the same time you press your head straight back against your hands. Press firmly, but not quite as hard as you can. Do not tip your head back.

Hold 10 seconds | 3 reps each direction

TO EXERCISE MUSCLES AT THE FRONT OF THE NECK



Put the palms of both hands against your forehead just above your eyebrows. Press your hands against your forehead at the same time you press your head against your hands. Press firmly, but not quite as hard as you can. Do not tip your head forward.

Hold 10 seconds | 3 reps each direction