

Basic Neck Exercises

Seated Scapular Retraction

Setup

- Begin sitting in an upright position.

Movement

- Gently squeeze your shoulder blades together, relax, and then repeat.

Tip

- Make sure to maintain good posture during the exercise.

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold



Basic Neck Exercises

Seated Cervical Retraction

Setup

- Begin sitting in an upright position with your feet flat on the floor.

Movement

- Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip

- Make sure that you do not look down as you do this exercise, or bend your neck forward.

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold



Basic Neck Exercises

Supine Chin Tuck

Setup

- Begin lying on your back with your neck relaxed.

Movement

- Gently tuck your chin directly backward as if you are making a double chin. Hold, then relax and repeat.

Tip

- Make sure not to lift your head from the ground.

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold



Basic Neck Exercises

Prone Scapular Retraction

Setup

- Begin lying face down with your arms resting to either side of your body.

Movement

- Gently squeeze your shoulder blades together, then relax them and repeat.

Tip

- Make sure to keep your back relaxed and do not shrug your shoulders

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold



Basic Neck Exercises

Prone Scapular Slide with Shoulder Extension

Setup

- Begin lying on your front with your forehead resting on a towel roll. Your arms should be positioned at your sides with your palms facing down.

Movement

- Gently squeeze your shoulder blades together, then slowly lift your arms so they are parallel to your body. Hold briefly, then lower your arms back down and repeat.

Tip

- Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold



Basic Neck Exercises

Standing Isometric Cervical Sidebending

Setup

- Begin in a standing upright position with your feet shoulder width apart.

Movement

- Gently tuck your chin. Place your hand on your temple and gently apply pressure, using your neck muscles to keep your head steady.

Tip

- Do not let your head tilt or rotate during the exercise.

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold



Basic Neck Exercises

Standing Isometric Cervical Flexion

Setup

- Begin in a standing upright position with your feet shoulder width apart.

Movement

- Gently tuck your chin. Place your hand on your forehead head and apply pressure, using your neck muscles to keep your head steady.

Tip

- Do not let your head tilt or rotate during the exercise.

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold



Basic Neck Exercises

Standing Isometric Cervical Extension

Setup

- Begin in a standing upright position with your feet shoulder width apart.

Movement

- Gently tuck your chin. Place your hand on the back of your head and gently apply pressure, using your neck muscles to keep your head steady.

Tip

- Do not let your head tilt or rotate during the exercise.

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold



Basic Neck Exercises

Chest and Bicep Stretch

Setup

- Begin in a standing upright position.

Movement

- Clasp your hands behind your back and straighten your arms, then slowly raise them toward the ceiling. Hold when you feel a stretch in your chest and the front of your arms.

Tip

- Make sure to keep your back straight during the exercise.

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold



Basic Neck Exercises

Isometric Shoulder Flexion at Wall

Setup

- Begin in a standing upright position with your elbow bent 90 degrees, and a small towel between your fist and a wall.

Movement

- Push your arm directly into the wall, then relax and repeat.

Tip

- Make sure to keep your back straight during the exercise. There should be little to no movement.

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold



Basic Neck Exercises

Standing Shoulder External Rotation Stretch

Setup

- Begin in a standing upright position in the center of a doorway.

Movement

- With your elbow bent, place your hand on the side of the doorway. Take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

Tip

- Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold



Basic Neck Exercises

Standing Isometric Shoulder External Rotation

Setup

- Begin in a standing upright position to the side of a doorframe with your involved arm bent and a towel between the back of your hand and the doorframe.

Movement

- Gently press your hand outward into the towel. Hold, then relax and repeat.

Tip

- Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold



Basic Neck Exercises

Shoulder External Rotation and Scapular Retraction

Setup

- Begin in an upright standing position with your arms by your sides. Bend your elbows to approximately 90 degrees with your palms up.

Movement

- Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position and repeat.

Tip

- Make sure that you keep the bend in your elbows as you rotate your arms. Avoid shrugging your shoulders.

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold



Basic Neck Exercises

Isometric Shoulder Internal Rotation

Setup

- Begin in a standing upright position with one elbow bent at 90 degrees, and your other arm holding on to the inside of your hand.

Movement

- With your bent arm, apply pressure sideways into your hand.

Tip

- Do not let your arm move during the exercise.

2 x
Daily
5x
Weekly
10
reps
1
sets
5
hold

