



PHYSIO & REHAB
SPECIALISTS

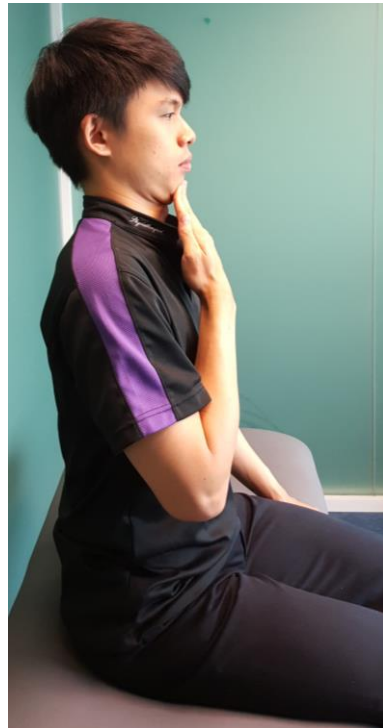
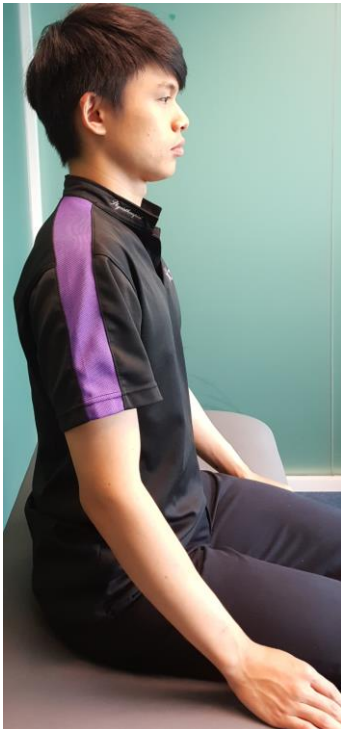
Home Exercise Program

Neck Exercises

Precautions:

1. Please exercise according to your therapist's prescription.
2. If you feel any discomfort after the exercise, please immediately stop and consult your therapist.

NECK RETRACTION

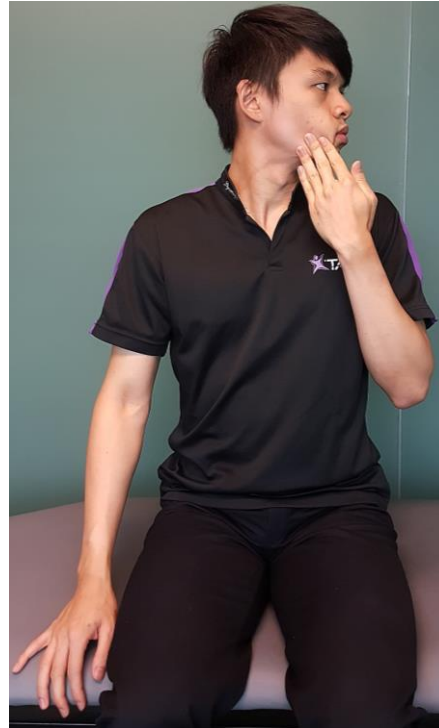
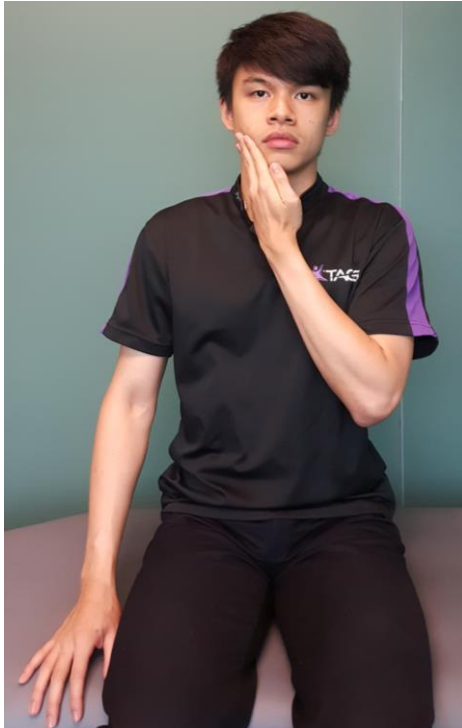


INSTRUCTIONS :

1. Sitting position
2. Eyesight remain straight, chin tuck in
3. Use your hand as a guide

HOLD	REPEAT	SET
10 counts	10 times	2-3 set/day

NECK ROTATION

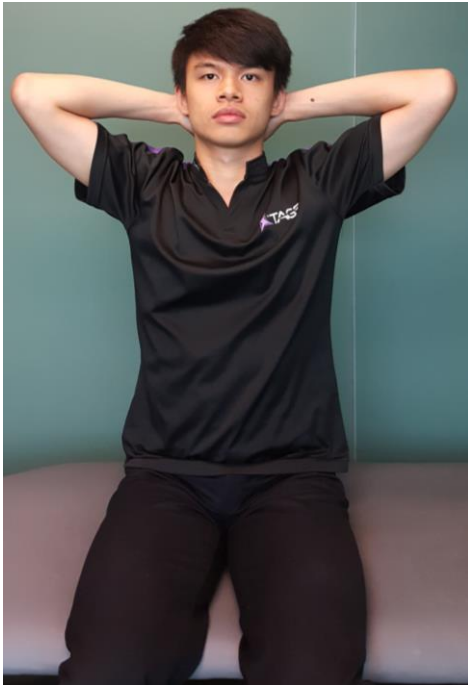


INSTRUCTIONS :

1. Sitting position
2. Place one hand on the side of your chin and turn to one side

HOLD	REPEAT	SET
10 counts	10 times	2-3 set/day

NECK FLEXION



INSTRUCTIONS :

1. Sitting position
2. Put both hands behind your head and look down

HOLD	REPEAT	SET
10 counts	10 times	2-3 set/day

NECK EXTENSION



INSTRUCTIONS :

1. Sitting position
2. Put both hands behind your neck
3. Look up and bend your head backwards

HOLD	REPEAT	SET
10 counts	10 times	2-3 set/day

SCALENE MUSCLE STRETCH



INSTRUCTIONS :

1. Sitting position
2. Place one hand under your buttock or holding a firm platform
3. Lower your shoulder and place one hand over your head
4. Pull your head to the side

HOLD	REPEAT	SET
20 counts	6 times	2-3 set/day

UPPER TRAPEZIUS MUSCLES STRETCH



INSTRUCTIONS :

1. Sitting position
2. Turn you head 45° and look down towards you leg
3. Place one hand under your buttock or holding a firm platform and one hand over your head
4. Pull your head down

HOLD	REPEAT	SET
20 counts	6 times	2-3 set/day

CHIN IN 1: DEEP NECK FLEXOR



INSTRUCTIONS :

1. Face up
2. Tuck in chin without lifting up your shoulders

HOLD	REPEAT	SET
10 counts	10 times	2-3 set/day

CHIN IN 2: ADVANCE DEEP NECK FLEXOR



INSTRUCTIONS :

1. Face up
2. Tuck in chin without lifting up your shoulders
3. Raise up head slightly

HOLD	REPEAT	SET
10 counts	10 times	2-3 set/day