Cervical Range of Motion and Isometrics
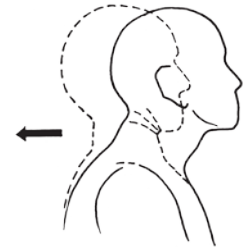# Home Exercise Program

1. Chin Tucks

Sit up straight with your shoulders back and down, keeping your eyes and chin level.
Pull your head back and up tall as if you were being pulled by a string from the top of your head.

Hold _____ seconds. Repeat _____ times.
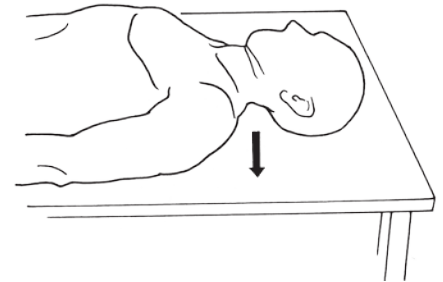Perform _____ times per day.

2. Chin Tucks – Supine

Lie on your back. Glide your head back and tuck in your chin.
Do not tilt the head up or down.

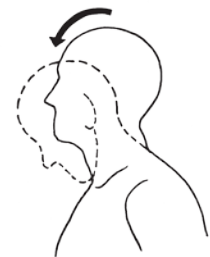Hold _____ seconds. Repeat _____ times.
Perform _____ times per day.

All of the exercises that follow must be performed while you are sitting or standing upright with your shoulders back.

_____

3. Neck Flexion

Slowly bend your head forward, return to the starting position.

Hold _____ seconds. Repeat _____ times.
Perform _____ times per day.

4. Neck Sidebending

Slowly tilt your head toward one shoulder, then slowly repeat to the opposite side while keeping your face straight ahead.

Hold _____ seconds. Repeat _____ times.
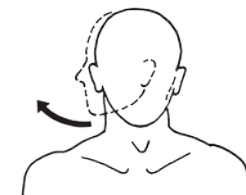Perform _____ times per day.

5. Neck Rotation

Slowly turn your head to look over one shoulder, then slowly repeat to opposite side.

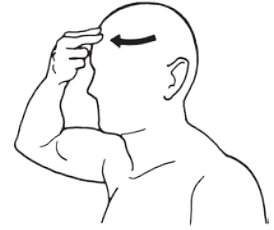Hold _____ seconds. Repeat _____ times.
Perform _____ times per day.

Continued

6. Isometric Flexion

Using light pressure with your fingers against your forehead, resist with your neck muscles to keep your head in the upright position.

Hold _____ seconds. Repat _____ times.
Perform _____ times per day.

7. Isometric Extension

Using light pressure with your fingers against the back of your head, resist with your neck muscles to keep your head in the upright position.
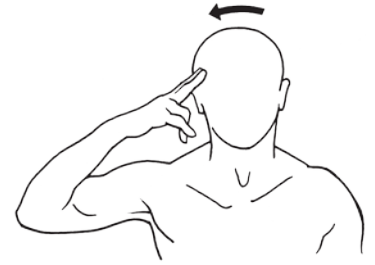
Hold _____ seconds. Repeat _____ times.
Perform _____ times per day.

8. Isometric Sidebending

Using light pressure with your fingers against the side of your head (above the ear), resist with your neck muscles to keep your head in the upright position.

Hold _____ seconds. Repeat _____ times.
Perform _____ times per day.

9. Isometric Rotation

Using light pressure with your fingers against the side of your forehead, resist turing with your neck muscles to keep your head in the upright position.

Hold _____ seconds. Repeat _____ times.
Perform _____ times per day.