



Isometric Exercises for Strengthening Your Neck Muscles

These exercises may be done while standing, sitting, or lying on your back. The sitting position is usually the easiest. Repeat each exercise ____ times.

☐ Neck Flexing

Bend your neck slightly forward and put your hand on your forehead. Try to bend your head forward while pushing back with your hand. Hold for ____ seconds.



☐ Neck Extension

Keep your up and your neck straight and place your hands at the back of your head. Try to push your head backwards while pushing forward with your hands. Hold for a count of ____ seconds.



☐ Side Bending

Keep your head straight and your chin level. Put your right hand on the right side of your head. Try to bring your head down to your right shoulder while pushing up with your right hand. Hold for ____ seconds.



- ☐ Repeat the Side Bending, but to the left side with your left hand.

☐ Rotation

Put your left hand at chin level and turn your head slightly to the right. Put your right hand on the right side of your face. Turn your head to the right while pushing it back with your right hand. Hold for a count of ____ seconds.



- ☐ Repeat the Rotation Exercise, but on the left side of your face and with left hand.