

# NECK

## Exercises



Integrative Health and  
Lewiston Family Chiropractic  
3510 12th St Suite 200  
Lewiston, ID 83501

**KRAMES.**  
PATIENT EDUCATION

These exercises are designed to stretch and strengthen your neck. Before beginning an exercise, read through all its instructions. While exercising, breathe normally and use smooth movements. If you feel any pain, stop the exercise. If pain persists, inform your healthcare provider.

### ACTIVE NECK ROTATION

- 1 Lie on your back with your knees bent and your feet flat on the floor. For extra comfort, place a neck roll or a rolled-up towel under your neck. Look straight ahead.
- 2 Turn your head slowly from side to side, keeping your chin level.
- 3 Repeat 3 times to each side, bringing your head back to starting position between each turn. Do 2 sets a day.



#### CAUTION

- Don't force any motion.
- Go only as far as you can comfortably.

### FACE CLOCK

- 1 Lie on your back with your knees bent and your feet flat on the floor. Look straight ahead.
- 2 Imagine your head against the face of a clock. Slowly draw the outer edge of the clock with your nose. Go clockwise first, then counterclockwise.
- 3 Repeat 3 times in each direction. Do 2 sets a day.



#### CAUTION

- Don't stay in one position too long—keep your head moving to avoid tightening your muscles.

### TENSION RELEASE

- 1 Sit up straight in your chair. Tucking your chin slightly, tilt your head to the left.
- 2 Placing your left hand on the upper right side of your head, gently pull your head to the left. Hold for 10 seconds, then return to the starting position.
- 3 Repeat 3 times on each side. Do 2 sets a day.



#### CAUTION

- Don't overstretch.
- Stop if you feel pain or tingling.

### SHOULDER SQUEEZE

- 1 Bend your elbows and point your fingers upward. Lift your elbows out from your sides until your wrists are at shoulder height.
- 2 Keeping your fingers pointing up, push your elbows backward to squeeze your shoulder blades together. Hold for 10 seconds. Slowly return to the starting position.
- 3 Repeat 3 times. Do 2 sets a day.



#### CAUTION

- Don't arch your back.
- Don't hunch your shoulders.

## □ HEAD LIFTS

**1** Lie on your back with knees bent and feet flat on the floor. Tuck your chin and lift your head toward your chest, keeping your shoulders on the floor. Hold for 10 seconds. Repeat 3 times. Do 2 sets a day.



**2** Lie on your right side, with your head resting on your right arm. Lift your head slowly toward your left shoulder. Hold for 10 seconds. Repeat 3 times on each side. Do 2 sets a day.



**3** Get on your hands and knees. Keeping your back straight, slowly drop your head toward your chest. Tuck your chin, then lift your head until your neck is level with your back. Hold for 10 seconds. Repeat 3 times. Do 2 sets a day.



### CAUTION

- Kneel on carpet or a pad to protect your knees.

## □ ARM LIFT

- 1** Stand with a straight back. Keep your head and neck straight.
- 2** Keeping your arms straight, alternately raise and lower them in front of you. Move in slow, smooth arcs.
- 3** Repeat 3 times. Do 2 sets a day.



### CAUTION

- Don't lock your knees.
- Don't arch your back.

## □ REACH AND HOLD

- 1** Get on your hands and knees, with knees apart under your hips. Tighten your stomach muscles. Keeping your head and neck straight, raise one arm straight ahead of you. Repeat 3 times with each arm.
- 2** Lift one arm to the side. Repeat 3 times with each arm.
- 3** Lift one arm to the back, palm up. Repeat 3 times with each arm. Do 2 sets a day.



### CAUTION

- Don't arch your back or neck.
- Kneel on carpet or a pad to protect your knees.

**KRAMES**  
staywell

www.kramestaywell.com 800.333.3032



Integrative Health and  
Lewiston Family Chiropractic  
3510 12th St Suite 200  
Lewiston, ID 83501

This information is not intended as a substitute for professional healthcare. Always follow your healthcare provider's instructions.  
©1996, 1998, 1999, 2001 Krames StayWell, LLC. All rights reserved. Made in the USA.