



Notes:

C/S ROM - Rotation

Sitting tall with shoulders relaxed down and back.
Turn head to one side as far as comfortable.

Sets:	
Reps:	3x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



Notes:

C/S ROM - Lat Bending

Sitting tall with shoulders relaxed down and back.
Tip head straight sideways, ear to shoulder, as far as comfortable.

Sets:	
Reps:	3x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



Notes:

C/S ROM - Flexion

Sitting tall with shoulders relaxed down and back.
Tuck chin into neck and then slowly bend head straight forward.

Sets:	
Reps:	3x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



Notes:

Extending over the gym ball is comfortable and you can control how far you go. If able, you can also extend your neck over the edge of a bed.

Neck Extension - Ball

Lying on back over ball, roll ball down spine so that head gently hangs off ball. Go as far as comfortable. To get up, walk ball back under head, rest there for a moment before raising body upright.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7
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15 16 17 18 19 20 21
22 23 24 25 26 27 28
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Notes:

Anterior C/S Isometric

Place hand on forehead keeping head in neutral position and shoulders relaxed.
Gently push head straight forward into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles.

Sets:	
Reps:	10
Weight:	
Hold:	10 sec
Rest:	10 sec
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Posterior C/S Isometric

Place hand on back of head keeping head in neutral position and shoulders relaxed.
Gently push head straight back into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles.

Sets:	
Reps:	10
Weight:	
Hold:	10 sec
Rest:	10 sec
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Lateral C/S Isometric

Place hand on side of head keeping head in neutral and shoulders relaxed.
Gently push head straight sideways into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles.

Sets:	
Reps:	10
Weight:	
Hold:	10 sec
Rest:	10 sec
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Rotation C/S Isometric

Place hand on side of head keeping head in neutral and shoulders relaxed.
Gently rotate head into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles.

Sets:	
Reps:	10
Weight:	
Hold:	10 sec
Rest:	10 sec
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Neck Retraction - Seated

Sitting tall, shoulders relaxed.
Tuck chin into neck and gently slide head backwards.
Hold, release and repeat.

Notes:

Sets:	2
Reps:	10
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

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