

'GET STRONG' - NECK EXERCISES

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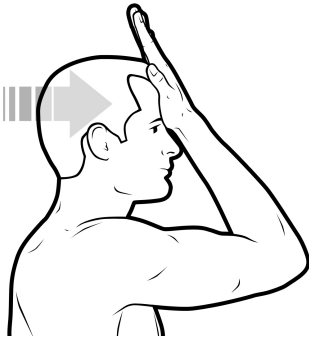
NECK/UPPER BACK STRENGTH EXERCISE

Lie on your front with your arms by your side. Tuck your chin towards your chest and squeeze shoulder blades back and down (1). Lift your head off the floor maintaining the neck tuck (2). Hold for 5 - 10 secs then relax and repeat. To progress, add arm lift off the floor.



SETS & REPS: 4-6 reps

FREQUENCY: 1-2 a day



ISOMETRIC NECK FLEXION

With your head and neck in a neutral position, place your hand on your forehead. Flex your head forward into your hand, ensuring no neck movement occurs, as if you are trying to touch your chin onto your chest. Hold the contraction for 5-10 seconds then relax and repeat.

SETS & REPS: 4-6 times

FREQUENCY: 1 - 2 a day



ISOMETRIC NECK SIDE BEND

With your head and neck in a neutral position, place your hand on the side of your head. Bend your head towards your hand, ensuring no neck movement occurs, as if you are trying to touch your ear on your shoulder. Hold the contraction for 5 - 10 seconds then relax and repeat.

SETS & REPS: 4-6 times

FREQUENCY: 1-2 a day



SHOULDER SHRUGS

Stand with your arms relaxed at your side. From this position, shrug your shoulders upwards as far as you can. Hold briefly then lower and repeat. You can make this harder by holding a weight in your hands

SETS & REPS: 10-30 times

FREQUENCY: x1 a day