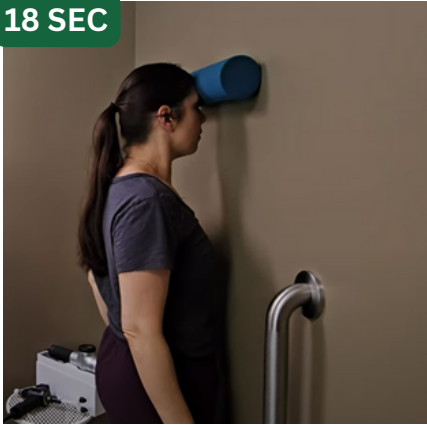


Cervical Strengthening

18 SEC



Front Resistance

PURPOSE:

Strengthen the anterior neck muscles and improve stability.

POSITION

Stand tall with a straight back, head neutral, legs apart, and feet flat. Place your head against a folded or rolled-up towel. A small ball will also work well for this stretch..

PROCEDURE

Push your head forward in a nodding motion while applying resistance with your head. Gradually increase resistance without holding your breath; breathe slowly throughout. (Please see video for proper form)

REPS/SETS

10 repetitions, holding each for 5 seconds with 3 seconds rest between reps. Work up to 2 sets.

PURPOSE:

Strengthen and stabilize the neck.

POSITION

Stand tall with your head stationary and upright.

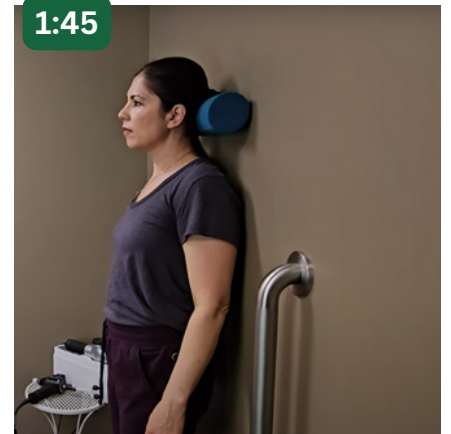
PROCEDURE

Push your head backward into a towel or ball while maintaining a neutral position and resisting any movement. (Please see video for proper form)

REPS/SETS

10 repetitions, holding each for 5 seconds with 3 seconds rest between reps. Work up to 2 sets.

1:45



Back Resistance

PURPOSE:

Strengthen neck muscles to control movement and prevent injury.

POSITION

Stand tall with shoulder against wall using a towel or ball to keep your head in a neutral position.

PROCEDURE

Push gently into the towel or ball with your head to increase strength. Push for 5 seconds, then relax. Gradually increase resistance with each repetition. (Please see video for proper form)

REPS/SETS

10 repetitions, holding each for 5 seconds with 3 seconds rest between reps. Work up to 2 sets. Please remember to perform this stretch on both right and left sides.

3:00



Side Resistance