

Cervical ROM Exercises



Neck flexion

Begin by slowly looking down at the ground and hold this position for 20 seconds. Then slowly return to neutral. If you want more of a stretch place one of your hands on the back of your head and apply some pressure gradually.



Active neck rotation

Begin by slowly turning your head to look over your shoulder without moving your shoulders to left or right and hold this position for 20 seconds. Then slowly return to neutral. Then go back the other way. If you want more of a stretch place one of your hands on your chin and pull or push towards the shoulder you are looking over and apply some pressure gradually.



Chin tuck

Begin by relaxing your arms while your sitting straight up looking forward. Then try to bring chin straight back as if someone is pushing it that way, you may use your hand to help out at first. Hold this position for 20 seconds then Push your chin straight out as far as it can go.



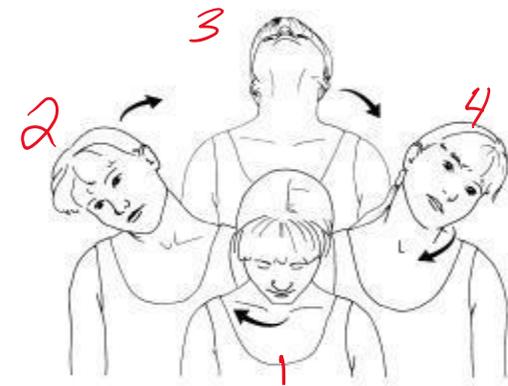
Neck extension

Begin by slowly looking up at the ceiling and hold this position for 20 seconds. Then slowly return to neutral. If you want more of a stretch place one of your hands on the front of your head and apply some pressure gradually.



Active neck sidebend

Begin by slowly taking your head to the right or left while looking straight ahead and hold this position for 20 seconds. Then slowly return to neutral. Then go back the other way. If you want more of a stretch place one of your hands on the side of your head and apply some pressure gradually.



Begin by slowly looking down at the ground like position 1 in picture, then slowly roll your head around through the other positions. Do as slow as possible, without causing pain. Then you can try and to roll from positions 2-4 only to make a horseshoe.

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