

Neck Strengthening

Do these exercises x daily

These exercises are designed to strengthen the deep postural muscles of your neck. They are often known as your core stabilising muscles. The core stabilisers play a vital role in helping to treat and prevent neck dysfunction. Make sure that you maintain good posture whilst carrying out these exercises.

If you feel the exercises are aggravating your symptoms then stop immediately. Do not carry out these exercises unless recommended by your Chiropractor.

Flexion & extension

Please hold for seconds & repeat times each way

- Push your head forwards into your hands.
- Push your head backwards either into your hands, a wall or the head rest of a seat.
- Use about 80% of your full strength.



Lateral bend right and left

Please hold for seconds & repeat times on each side

- Push your head to the right against your right hand, with about 80% of your full strength.
- Repeat to the left.



Forward diagonal bend

Please hold for seconds & repeat times on each side

- Push your head forwards and 45 degrees to the right, with about 80% of your full strength.
- Repeat to the left.



Backward diagonal bend

Please hold for seconds & repeat times on each side

- Push your head backwards and 45 degrees to the right either into your hands, a wall or the headrest of a seat.
- Use about 80% of your full strength.
- Repeat to the left.

