

NECK EXERCISES

If exercises cause pain, please stop and consult your physician.



POOR VS. CORRECT POSTURE

- BE AWARE OF POOR FORWARD HEAD POSTURE. MAKE SURE TO STAND AND SIT UP STRAIGHT WITH YOUR EARS IN ALIGNMENT OVER YOUR SHOULDERS, NOT FORWARD OF THEM.



CERVICAL ROTATION

- ROTATE HEAD SLOWLY TOWARD SHOULDER, IN PAIN FREE RANGE OF MOTION.
- HOLD 10 SECONDS. REPEAT 5X.



UPPER BACK STRETCH

- WITH HANDS IN FRONT OF THE BODY, GENTLY PUSH FORWARD, PULLING YOUR SHOULDER BLADES APART.
- HOLD 15 SECONDS. REPEAT 5X



UPPER TRAP STRETCH

- BEGIN WITH ONE HAND BEHIND YOUR BACK. SLIGHTLY SIDE-BEND HEAD TO OPPOSITE SHOULDER, UNTIL A MILD STRETCH IS FELT IN UPPER TRAP.
- HOLD 15 SECONDS. REPEAT 5X EACH SIDE.



SCALPULAR SQUEEZE

- START WITH ARMS SLIGHTLY BENT, BY YOUR SIDE. PULL ELBOWS BACK, SQUEEZING YOUR SHOULDER BLADES TOGETHER
- HOLD 20 SECONDS. REPEAT 10X



LEVATOR STRETCH

- BEGIN WITH ONE HAND BEHIND YOUR BACK. TURN HEAD AND LOOK DOWN TOWARD OPPOSITE SHIRT POCKET.
- HOLD 15 SECONDS. REPEAT 5X EACH SIDE.

SPINE & NEURO
CENTER

NeuroSpine Surgeons: Rhett B. Murray, M.D., F.A.C.S. | Joel D. Pickett, M.D., F.A.C.S. | John D. Johnson, Jr., M.D., F.A.C.S. | Cheng W. Tao, M.D. | Jason T. Banks, M.D.

Physical Medicine: Keith Anderson, D.O., FAAPMR | Jay Austin, P.T., Director of Spine Therapy

Huntsville • Decatur • Cullman 201 Governors Drive • Huntsville, AL 35801 • Toll Free: 1-888-736-1762 • Tel: 256-533-1600 • Fax: 256-539-0856 • spineandneuro.com