

ROM Extension

Sitting tall with shoulders relaxed down and back. First perform a chin tuck / neck retraction then raise chin straight up to ceiling as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Chin Tuck / Retraction

Sitting tall, slightly tuck chin down into neck. Keeping chin down, slide head backwards on neck as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Suboccipitals

Sitting tall, slightly tuck chin down into neck. Elongate neck by visualizing a string pulling back of head up to ceiling as you use finger tips to gently guide motion.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Flexion C/S Nod

Sitting tall, tuck chin (retraction) and nod head forward.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Trap Self Traction

Sitting tall, grasp back edge of a chair with hand of side to be stretched. Turn head toward that same side and lean head and body away to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Levator Self Traction

Sitting tall, grasp back edge of the chair with hand of the side to be stretched. Turn head to opposite side and flex head forward ('nose toward elbow'). Let body lean to feel a stretch in the back and side of the lower neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Scalenes Anterior

Sitting tall, turn head 45° to one side.
Keeping head turned, lift chin up to the sky as if to be 'star gazing' to feel a stretch in the front and side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

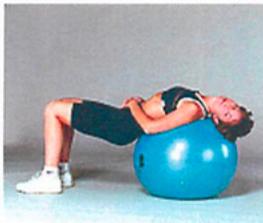


Post Scalenes

Sitting tall, keep shoulders back and down.
Bend head slightly forward then tip ear sideways toward the shoulder to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

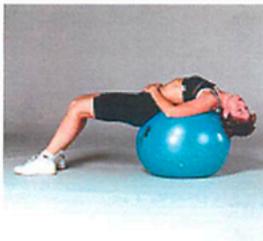


SCM Ball

Lying on back on gym ball with head supported, turn head to one side as far as comfortable.
Keeping head turned, walk body up ball so head gradually hangs over the edge of the ball until you feel a stretch in the front and side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

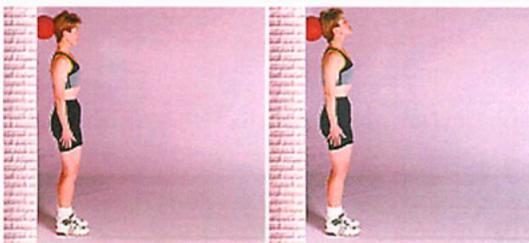


Scalenes Ball

Lying on back on gym ball with head supported, turn head to 45°.
Keeping head turned, walk body up ball so head gradually hangs over the edge of the ball until you feel a stretch in the front and side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

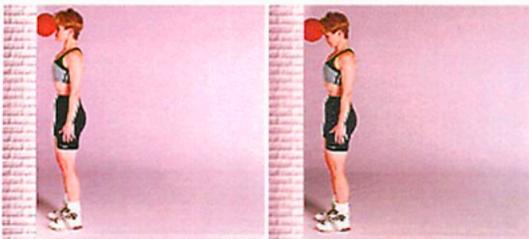


Neck Extension Neck Ball

Standing in readiness position about 1 foot from wall.
Place ball behind head.
Raise chin up to rock head backward.
Return to start position and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Neck Flexion Neck Ball

Standing in readiness position about 1 foot from wall.
Place ball on bridge of nose.
Rock chin down to tuck chin to neck.
Return to start position and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31