

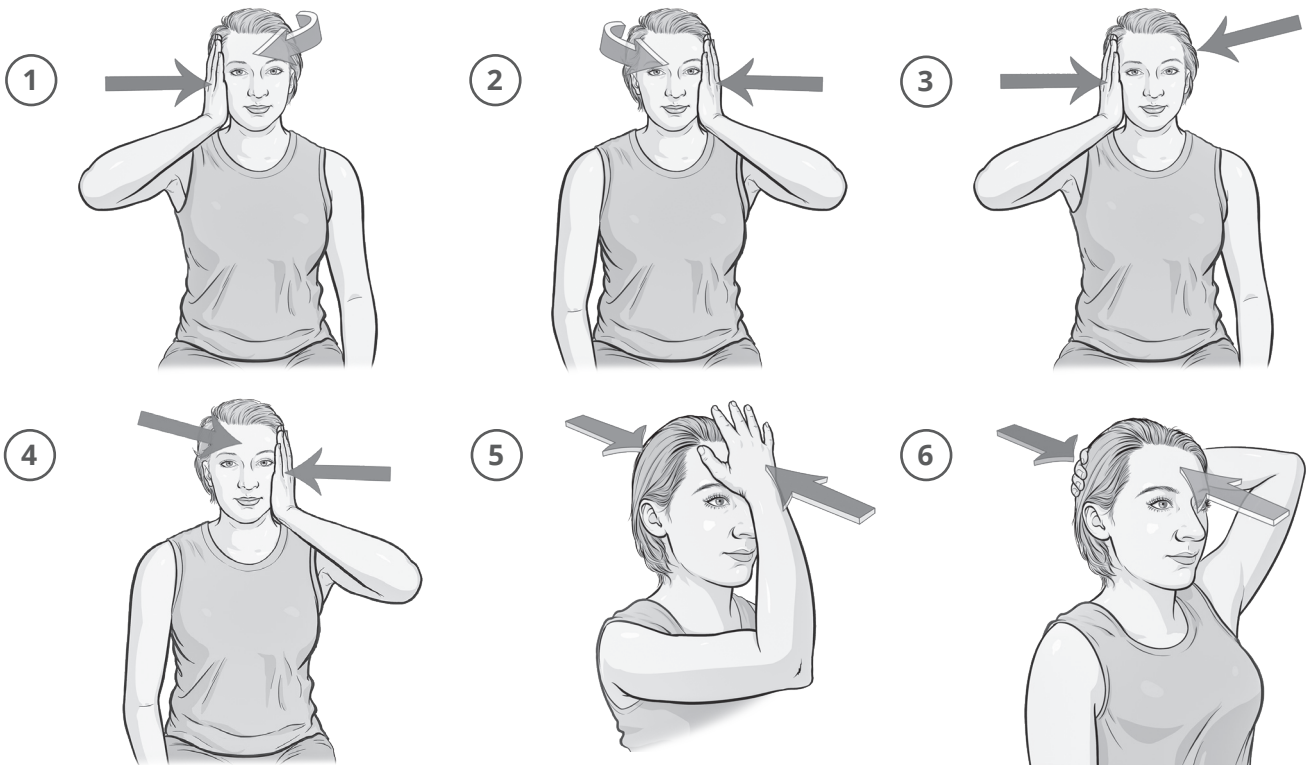
Neck Isometric Exercises

Caution: Please consult your healthcare professional before you attempt these exercises.

Perform
twice a day

The aim of these exercises are to contract your neck muscles against your own resistance while your head remains stationary.

- 1. Right Rotation:** Place your right hand against the right side of your head. Attempt to turn your head toward the right side while resisting with your hand. Maintain the contraction for about 10 seconds. Repeat the exercise 3 times.
- 2. Left Rotation:** Place your left hand against the left side of your head. Attempt to turn your head toward the left side while resisting with your hand. Maintain the contraction for about 10 seconds. Repeat the exercise 3 times.
- 3. Right Lateral Flexion:** Place your right hand against the right side of your head. Attempt to push your head to the right side while resisting with your hand. Maintain the contraction for about 10 seconds. Repeat the exercise 3 times.
- 4. Left Lateral Flexion:** Place your left hand against the left side of your head. Attempt to push your head to the left side while resisting with your hand. Maintain the contraction for about 10 seconds. Repeat the exercise 3 times.
- 5. Flexion:** Place your right hand against your forehead. Attempt to push your head forward while resisting with your hand. Maintain the contraction for about 10 seconds. Repeat the exercise 3 times.
- 6. Extension:** Place your left hand behind your head. Attempt to push your head backward while resisting with your hand. Maintain the contraction for about 10 seconds. Repeat the exercise 3 times.



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