

Neck Rehabilitation Exercises

Good for:

- Strengthening your core neck muscles
- Reducing inflammatory pain
- Improving blood and lymphatic flow to your spine

1) Forward press

Technique:

- Place the palm of one hand against your forehead and apply slight pressure.
- Push your head forwards against your hand until you experience compression that is not causing too much discomfort.
- Take care to keep your head in the same position.
- Hold that position for as long as what you can comfortably sustain.
- Relax and return to starting position.
- Change hands and repeat exercise on opposite side.
- **Repeat exercise 2 - 3 times on each side.**

For best results:

- Repeat this routine 3 - 5 times a week.
- Combine these exercises with our Neck Spasm Stretch routine.

Avoid doing if:

This exercise aggravates or causes pain.



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2) Sideway press

Technique:

- Place the palm of one hand against the side of your head and apply slight pressure.
- Push your head sideways against your hand until you experience compression that is not causing too much discomfort.
- Take care to keep your head in the same position.
- Hold that position for as long as what you can comfortably sustain.
- Relax and return to starting position.
- Change hands and repeat exercise on opposite side.
- **Repeat exercise 2 – 3 times on each side.**

Avoid doing if:

This exercise aggravates or causes pain.



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3) Shoulder press

Technique:

- Place a bent arm at a vertical angle in front of your face.
- Hold your elbow with the opposite hand.
- Push your arm outwards whilst pulling your elbow inwards until you experience compression that is not causing too much discomfort.
- Hold that position for as long as what you can comfortably sustain.
- Relax and return to starting position.
- Change hands and repeat exercise on opposite side.
- **Repeat exercise 2 – 3 times on each side.**

Avoid doing if:

This exercise aggravates or causes pain.

