

Cervical Exercises

1. Front Resistance



**Repeat 10
times**

**Hold for 5
seconds each
time**

**Rest for 3
seconds
between
each rep**

Purpose: In this exercise, although no movement occurs, you are effectively strengthening the anterior (front) musculature of your neck, increasing its stability.

Position: Stand tall, with your back straight, and your head maintaining a neutral position. Keep your legs apart and feet flat for support. Place your head against a folded or rolled-up towel.

Action: Begin by slowly pushing your head forward in a nodding motion, but stop the motion with the towel. Push slowly and continually, gradually increasing resistance. Do not hold your breath. Breathe slowly through each exercise. Perform 10 repetitions, holding each for 5 seconds, with 3 seconds of rest between each rep.

Modified Version: use a ball, or a ball placed in a pillowcase, rather than a rolled up towel.

Tip: For maximum benefits, slowly increase the pushing action with each repetition.

2. Side Resistance



**Repeat 10
times on
each side**

**Hold for 5
seconds each
time**

**Rest for 3
seconds
between
each rep**

Purpose: Strengthening these muscles helps control movement, and prevents re-injury.

Position: Stand tall and place your head to the side of the wall using a towel or ball. Maintain the neutral head position throughout the exercise.

Action: Push slowly with your head, creating no movement but increasing strength to your major neck muscles. Push for 5 seconds, and relax. Push again. Gradually increase resistance with each repetition. Perform 2 sets of 10 repetitions, alternating sides.

3. Back Resistance



**Repeat 10
times**
**Hold for 5
seconds each
time**
**Rest for 3
seconds
between
each rep**

Purpose: To stabilize the complete neck, we need to strengthen all sides of the neck.

Position: Stand tall. Remember to keep your head stationary and upright.

Action: Slowly push back. Realizing no movement, maintain a resistance balance with head neutral.

Modified Version: Be aware that this position lends itself to head extension (bending backward). Bouts of dizziness or nausea can be experienced if your head is extended too far, so keep chin level and push straight back.