





Neck Exercises (when finished viewing or printing, please click your "back" button to return to our website)


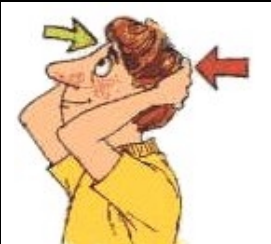


Your chiropractor may recommend that you do some of the exercises below to increase flexibility and strengthen your neck muscles. These easy exercises can help you maintain the improvements achieved through your chiropractic adjustments, as well as help prevent any future neck problems. Ask your doctor of chiropractic how often each exercise should be repeated, and try to relax and breathe naturally as you slowly do these exercises.

Discontinue any exercise that causes pain or discomfort, and check with your doctor of chiropractic.

For Flexibility

			
<p>Forward Stretch. Slowly drop your head forward and HOLD for 15-30 seconds. The weight of your head stretches the muscles on the back of your neck.</p>	<p>Backward Stretch. Slowly drop your head backward. Hold 15-30 seconds to stretch the muscles on the front of your neck.</p>	<p>Rotation. Slowly turn your head from side to side WITHOUT straining. This stretches the muscles on the side of your neck. Repeat 5 times.</p>	<p>Side Tilt. Tilt your head to one side and hold 15-30 seconds, then switch sides. This stretches the muscles on the side of your neck.</p>

For Strength

			
<p>Forward Press. Press your forehead into your palms, <u>RESISTING</u> any forward motion with your hands. Hold for 15-30 seconds.</p>	<p>Backward Press. Clasp your hands behind your head and press your head back <u>RESISTING</u> any motion with your hands; hold 15-30 seconds.</p>	<p>Rotation Press. Turn your head to one side <u>RESISTING</u> any motion with your hand. Now switch sides holding 15-30 seconds on each side.</p>	<p>Side Tilt Press. Tilt your head to one side, <u>RESISTING</u> any motion with your hand. Switch sides; hold 15-30 seconds on each side.</p>

Cardiovascular Exercise

To aid you to have a healthy back and neck, nothing beats overall physical fitness. Cardiovascular – aerobic – exercise strengthens the lungs and heart, improves circulation, and is an important part of your overall health. Brisk walking, bicycling, swimming and running are all inexpensive and popular ways to stay fit.

Try to exercise for at least 20 minutes 3-4 times per week. If you have been inactive for some time, ask your chiropractor to help you set up your fitness program.