

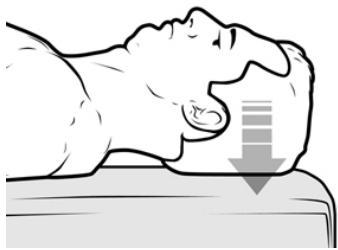


ISOMETRIC NECK FLEXION

With your head and neck in a neutral position, place your hand on your forehead. Flex your head forward into your hand, ensuring no neck movement occurs, as if you are trying to touch your chin onto your chest. Hold the contraction for 10 seconds then relax and repeat.

SETS & REPS: 1 x 10

FREQUENCY: 2-3 x day



ISOMETRIC NECK EXTENSION

Lie on your back with your head and neck in a neutral position. Tilt your head back, pressing down into the floor. Hold the contraction for 10 seconds then relax and repeat.

SETS & REPS: 1 x 10

FREQUENCY: 2-3 x day



ISOMETRIC NECK ROTATION

With your head and neck in a neutral position, place your hand on the side of your face. Rotate your head against your hand, ensuring no neck movement occurs, as if you are trying to look over your shoulder. Hold the contraction for 10 seconds then relax and repeat.

SETS & REPS: 1 x 10

FREQUENCY: 2-3 x day

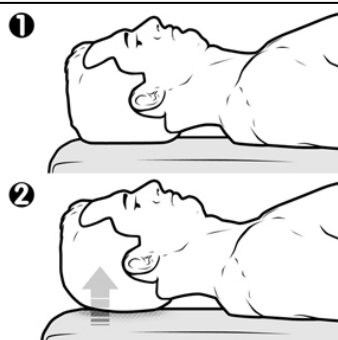


ISOMETRIC NECK SIDE FLEXION

With your head and neck in a neutral position, place your hand on the side of your head. Bend your head towards your hand, ensuring no neck movement occurs, as if you are trying to touch your ear on your shoulder. Hold the contraction for 10 seconds then relax and repeat.

SETS & REPS: 1 x 10

FREQUENCY: 2-3 x day



DEEP NECK FLEXORS

Lying on your back with your head resting in a neutral position (1). Lift your head just off the supporting surface, maintaining your head in the neutral alignment (2). Hold this position for 10 seconds then slowly lower and repeat.

SETS & REPS: 10 reps

FREQUENCY: Daily