

Cervical Spine Exercise Program

*for Flexibility, Strength, and
Pain-free Motion of the Neck*

Hand Resistance Method

- These exercises are not as demanding as using an exerciser unit, but they do stretch and strengthen the neck muscles.
- The **position of each of the 4 exercises** is demonstrated in the following pictures.
- **Resist each neck movement** with counter-pressure from your hands.
- To the comfortable tolerance of your neck muscles, **do each of these exercises 12 – 15 times**, slowly.
- **Increase the resistance** with your hands as your improvement allows.



FORWARD FLEXION



BACKWARD EXTENSION



RIGHT BENDING



LEFT BENDING

Disclaimer: Only do these exercises if you are recommended to do so by your doctor. Do not exercise without the recommendation by your doctor. Listen carefully to any modifications your doctor gives you for each exercise. Only do the exercises to your tolerance. If you experience any pain, stop the exercises, and discuss with your doctor. If you have any questions about the appropriateness of any exercise, ask your doctor before proceeding.