



Patient Education Handout

Therapeutic Exercises of the Neck

Patient Name: _____

MR Number : _____

Date : _____

AROM Exercises: Neck Flexion

Bend head Forward, and return to starting position.



Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

AROM Exercises: Neck Extension

Bend head Backward, and return to starting position.



Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

AROM Exercises: Neck Rotation

Turn head slowly to look over left shoulder then turn to look over right shoulder.



Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

AROM Exercises: Neck Lateral Flexion

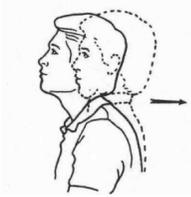
Tilt head toward shoulder, then slowly toward opposite shoulder.



Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

Flexibility: Neck Retraction

Pull head straight back keeping jaw and eyes level.



Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

Strengthening: Isometric Extension (In Neutral)

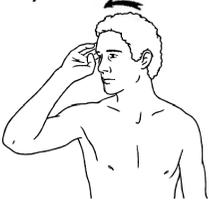
Using light pressure with finger tips at back of head, resist backward bending of head.



Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

Strengthening: Isometric Lateral Bending (In Neutral)

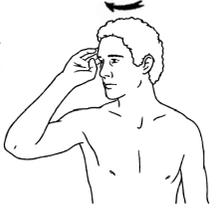
Using light pressure from finger tips, press into side of head above ear. Resist bending head sideways.



Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

Strengthening Isometric Rotation(In Neutral)

Using light pressure from finger tips, press into temple/ forehead area. Resist turning head.



Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

Isometric Flexion (in neutral)

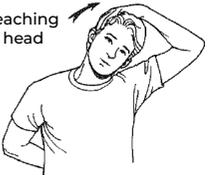
Using light pressure with finger tips at forehead, resist bending head forward.



Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

Flexibility: Upper Trapezius Stretch

Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt.



Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

Lower Cervical/Upper Thoracic Stretch

Clasp hands together in front with arms extended, Gently pull shoulder blades apart and bend head forward.



Hold ____ seconds.
Repeat ____ Repetations / set.
Do ____ sets/session.
Do ____ sessions per day.

Flexibility: Corner Stretch

Standing in corner with hands at shoulder level and feet ____ feet from corner, lean forward until a comfortable stretch is felt across chest



Hold ____ seconds.
Repeat ____ times.
Do ____ times per day.

Dr. Al Hamdan,
MD, FRCS,
Orthopaedic Spine Surgeon

Notes :

Signature:
