Head Retraction Exercises

Sitting

With Extension - Sitting

Lying

With Extension - Lying
NECK EXERCISES

**Goal:** 6-8 sessions everyday
  Decrease pain -- Increase function

**Key Points:**
- Relax and breathe with each exercise
- Hold position of each exercise for 2-3 seconds (inhale-exhale-relax)

**Each Session:**
- Head retraction (sitting or lying) – 10X
- Head retraction with extension (sitting or lying) – 10X
- Head retraction with side bending – 5X each side
- Head retraction with rotation – 5X each side
- Head retraction with flexion – 5X
- Head retraction with extension (sitting or lying) – 10X
- Scapular retraction - 5X