

Neck Exercises

Beginner



These neck exercises will help to restore your range of motion and assist in strengthening the muscles supporting your neck .



1. Neck Rotation & Flexion

- Stand up straight with your shoulders back Gently turn your head to the left, then right ***Pause and hold for 30 seconds each side, repeat 10 times***
- Now, drop your head slowly so you are looking at the ground. Lift your head to look at the ceiling ***Pause and hold for 30 seconds each position, repeat 10 times.***



2. Levator Scap Stretch

- Stand up straight and dip you head to the left. With your left hand, hold the
- crown of your head and slowly aid the stretch by pressing down so you're looking under your arm. ***Pause and hold for 30 seconds, repeat 10 times***
- ***and then repeat on the right.***

Neck exercises

Intermediate

1

2

3



1. Isometric Neck Extension

- Stand up straight and place both hands behind your head.
- Gently press your head back into your hands.
- ***Pause and hold for 10 seconds, repeat 5 times.***



2. Isometric Neck Lateral Extension

- Stand up straight and place one hand on the side of your head.
- Gently apply pressure with your hand and press against it with your head.
- ***Pause and hold for 10 seconds, repeat 5 times on both sides of your head.***



3. Isometric Neck Flexion

- Stand up straight and place one hand on your forehead.
- Gently apply pressure with your hand and press against it with your head.
- ***Pause and hold for 10 seconds, repeat 5 times.***