

NECK:

Patient Stretch and Exercise Guide

Neck stretching should be done with slow and smooth motions. Remember to warm up with gentle stretching before attempting these exercises. Stop if you feel discomfort.

Be sure to consult with Dr. Leipold before attempting any of these stretches. Always remember to warm up before attempting any stretch! Also, it's important to not rush the stretching process. Take your time with each stretch, making deliberate motions, and be sure to follow the exact motions of the stretch in the following diagrams.



Lateral Rotation



Put your hand on the right side of your head. Try to push your head so your ear touches your shoulder. Hold for 5 seconds then relax. Repeat on other side.

Rotation



Same as above but use your hand to resist as you try to turn your head to the right to look over your shoulder. Hold for 5 seconds then relax. Repeat on opposite side.

Forward Rotation



Same as above but try to bring your chin down towards your chest.

Lateral Translation

Place your hand on the side of your head. Push straight sideways into your hand. Hold for 5 seconds then relax. Repeat on the other side.



Posterior Rotation



Place your hands on the back of your head. Use your hands to resist as you try to look up towards the ceiling. Hold for 5 seconds then relax.

Forward Translation

Place your hands on your forehead. Keeping your eyes level use your hands to resist as you press your head forward. Hold for 5 seconds then relax.



Upper Back Stretch



Stretch your arms out in front of you and grab onto something sturdy like a doorframe. Lean back gently until you feel a light stretch in your upper back between your shoulder blades. Hold for 15 seconds then relax.

Posterior Translation

Place your hands on the back of your head. Bring your head straight back into your hands while keeping your eyes level. Hold for 5 seconds then relax.



Shoulder Rolls



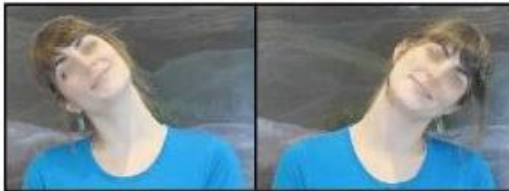
Start with arms hanging loosely at your sides. Roll your shoulders forward, then up towards your ears, and then back as you pull your shoulder blades together. Relax back to the starting position and repeat.

Arm Pull Back

Put your hands together behind your back. Pull your shoulders back and down towards the floor. You should feel the stretch in the upper part of your chest. Hold for 15 seconds then relax.



Lateral Flexion



Gently bend your head to the right as far as possible and hold for 5 seconds. Gently turn your head to the left as far as possible. Hold for 5 seconds then relax.

Anterior Neck Stretch



Place your right hand on your left shoulder. Keep your eyes level as you bring your chin back into your chest and your ears back over your shoulders. Lean your neck to the right as you turn your head to the same side. Hold for 15 seconds then relax. Repeat on opposite side.

Neck Flexion & Extension



Gently bend your head forward as far as possible and hold this position for 5 seconds. Gently bend your head backwards as far as possible and then relax.

Neck Rotation



Gently turn your head to the right as far as possible and hold for 5 seconds. Gently turn your head to the left as far as possible. Hold for 5 seconds then relax.