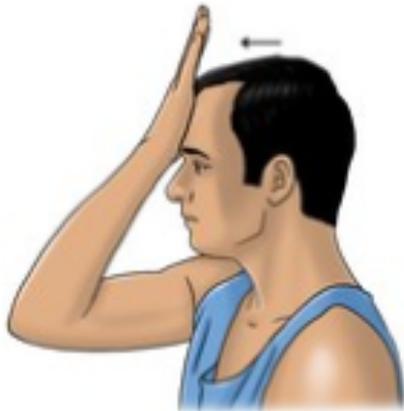


# CORRECTIVE EXERCISES

## PICTURE DEMONSTRATION GUIDE (NECK)



**1.1**

### ISOMETRIC NECK FLEXION/EXTENSION

**FLEXION:** PLACE THE PALM OF ONE HAND ON THE FOREHEAD. GENTLY FLEX YOUR HEAD FORWARD INTO YOUR HAND, WHILE ADDING RESISTANCE. THIS ACTION SHOULD PRODUCE NO MOVEMENT. HOLD TENSION FOR 3 SECONDS. RELAX AND REPEAT.

**EXTENSION:** PLACE BOTH HANDS ON THE BACK OF THE HEAD. GENTLY EXTEND THE HEAD AS IF TO LOOK AT THE SKY, WHILE ADDING RESISTANCE. THIS ACTION SHOULD PRODUCE NO MOVEMENT. HOLD TENSION FOR 3 SECONDS. RELAX AND REPEAT.



**1.11**

### ISOMETRIC NECK SIDE BENDS

PLACE ONE HAND ON THE SIDE OF THE HEAD. TILT THE HEAD TO THAT SIDE, WHILE ADDING RESISTANCE. THIS ACTION SHOULD PRODUCE NO MOVEMENT. HOLD TENSION FOR 3 SECONDS. RELAX AND REPEAT.

REMEMBER TO REPEAT THE PROCESS ON THE OPPOSITE SIDE.

## 1.2

### ACTIVE NECK FLEXION/EXTENSION



**FLEXION:** BEGIN LOOKING STRAIGHT AHEAD. FLEX YOUR HEAD FORWARD, BRINGING THE CHIN TOWARD THE CHEST. FLEX AS FAR AS TOLERABLE, WITHOUT PAIN. RETURN THE HEAD TO A NEUTRAL POSITION AND REPEAT.



**EXTENSION:** BEGIN LOOKING STRAIGHT AHEAD. EXTEND YOUR HEAD BACK, AS IF TO LOOK AT THE SKY. EXTEND AS FAR BACK AS TOLERABLE, WITHOUT PAIN. RETURN THE HEAD TO A NEUTRAL POSITION AND REPEAT.

## 1.21

### ACTIVE NECK SIDE BENDS



TILT THE HEAD AND NECK AS FAR AS POSSIBLE TO ONE SIDE, APPROXIMATING THE EAR TO THE SHOULDER. BE MINDFUL NOT TO TURN YOUR HEAD OR SHRUG YOUR SHOULDER. RETURN TO A NEUTRAL POSITION AND REPEAT.

REMEMBER TO REPEAT THE PROCESS ON THE OPPOSITE SIDE.

## 1.22

### ACTIVE NECK ROTATION



ROTATE THE HEAD AS FAR AS POSSIBLE TO ONE SIDE. BE MINDFUL NOT TO TURN YOUR BODY TOO: HEAD ONLY. RETURN TO A NEUTRAL POSITION AND REPEAT.

REMEMBER TO REPEAT THE PROCESS ON THE OPPOSITE SIDE.

### 1.23

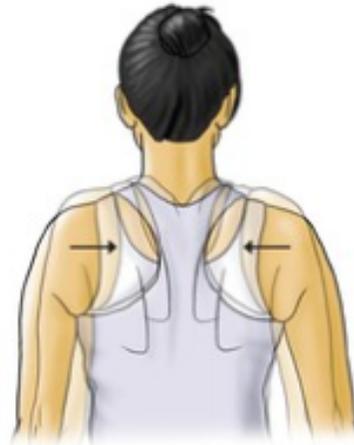
#### CHIN/HEAD RETRACTION



BEGIN WITH THE HEAD LOOKING FORWARD. SHIFT THE HEAD DIRECTLY BACKWARD OVER THE BODY. AT NO POINT SHOULD THE HEAD TILT DOWN INTO FLEXION OR LOOK UP INTO EXTENSION. YOUR LINE OF SIGHT SHOULD BE STRAIGHT AT ALL TIMES. YOU MAY PRESS THE CHIN BACK WITH YOUR HAND FOR ASSISTANCE. RELAX AND REPEAT.

### 1.3

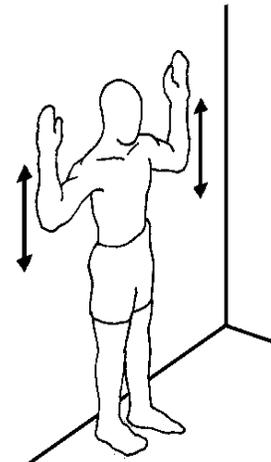
#### SCAPULAR RETRACTION



WITH THE ARMS RELAXED, PULL YOUR SHOULDER BLADES BACK AND TOGETHER. IMAGINE TRYING TO PINCH A MARBLE IN THE CENTER OF THE BACK. HOLD FOR 3-4 SECONDS, THEN RELAX. IT IS OKAY IF THE SHOULDERS NATURALLY ELEVATE DURING THIS MOTION.

### 1.31

#### WALL ANGELS



BEGIN BY STANDING AGAINST A FLAT SURFACE, MAKING CONTACT AT THE TAILBONE, SHOULDERS, AND HEAD. THE ELBOWS SHOULD BE BENT TO 90° AND LEVEL WITH THE SHOULDERS. THIS IS THE STARTING AND ENDING POSITION.

RAISE YOUR ARMS ABOVE YOUR HEAD, KEEPING YOUR ELBOWS AND WRISTS AS CLOSE TO THE WALL AS POSSIBLE. FINGERS SHOULD ALWAYS POINT AT THE CEILING. LOWER YOUR ARMS BACK TO 90° AND REPEAT.

**1.4**  
**SUPINE HEAD LIFTS**



LAY ON YOUR BACK WITH HANDS AT YOUR SIDES AND KNEES BENT. LIFT UP THE HEAD AND TRY TO TOUCH YOUR CHEST WITH YOUR CHIN. MILD TIGHTNESS IN THE BACK OF THE NECK IS NORMAL. BE MINDFUL NOT TO USE YOUR ABS AND DO A PARTIAL SIT-UP. THIS IS A NECK EXERCISE ONLY. RELAX AND REPEAT.

**1.40**  
**NECK EXTENSION ON HANDS AND KNEES**



BEGIN ON YOUR HANDS AND KNEES, LOOKING STRAIGHT DOWN BETWEEN YOUR HANDS. LET THE LOW BACK SAG TO HELP RELAX. LIFT YOUR HEAD UP TO LOOK DIRECTLY IN FRONT OF YOU (NOT UP TO THE CEILING). RETURN TO THE STARTING POSITION AND REPEAT.

**1.41**  
**SIDE LYING HEAD LIFTS**

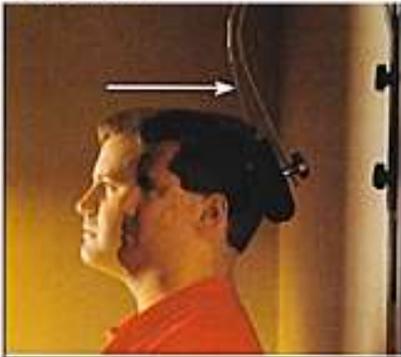


START IN A SIDE-LYING POSITION WITH THE DOWN-SIDE ARM EXTENDED OUT TO SUPPORT THE HEAD. WHILE LOOKING STRAIGHT AHEAD, LIFT THE HEAD UP IN THE AIR TOWARD TO OPPOSITE SHOULDER (THE SIDE THAT'S UP). RELAX THE HEAD AND REPEAT.

REMEMBER TO REPEAT THE SET IN THE OPPOSITON DIRECTION.

### 1.5

#### RESISTED NECK EXTENSION



BEGIN BY STANDING SO THAT THE BACK OF THE HEAD IS FLUSH WITH THE RESISTANCE PAD WITHOUT HAVING TO LEAN BACK INTO IT. SHIFT THE HEAD DIRECTLY BACKWARD AGAINST RESISTANCE PAD. YOUR LINE OF SIGHT SHOULD REMAIN STRAIGHT IN FRONT OF YOU AT ALL TIMES. RELAX AND REPEAT.

### 1.51

#### RESISTED NECK SIDE BENDS



STAND SO THAT THE SIDE OF THE HEAD IS FLUSH WITH THE RESISTANCE PAD WITHOUT HAVING TO LEAN INTO IT. TILT THE HEAD INTO THE RESISTANCE PAD, AS IF TO BRING YOUR EAR TO YOUR SHOULDER. RELAX AND REPEAT.

REMEMBER TO PERFORM ON BOTH SIDES.

### 1.52

#### RESISTED NECK ROTATION



STAND SO THAT THE SIDE OF THE HEAD IS FLUSH WITH THE RESISTANCE PAD. SLOWLY ROTATE THE HEAD INTO THE RESISTANCE PAD. DO NOT TILT THE HEAD OR LEAN THE BODY. RELAX AND REPEAT.

REMEMBER TO PERFORM ON BOTH SIDES.