

**Notes :**

**1 Isometric cervical flexion**



Sets: 1 Reps: 3 Weight: 30% effort Freq: 1x/day Hold: 10 sec Rest: 5 sec  
Stand or sit tall with your chin tucked in.  
Place your hand on your forehead.  
Without allowing movement, attempt to move your head forward and down, resisting with your hand.  
Gently relax and repeat.

**2 Isometric cervical extension**



Sets: 1 Reps: 3 Weight: 30% effort Freq: 1x/day Hold: 10 sec Rest: 5 sec  
Stand or sit tall with your chin tucked in.  
Place one hand behind your head.  
Without allowing movement, attempt to move your head backwards, resisting with your hand.  
Gently relax and repeat.

### 3 Isometric cervical rotation



Sets: 1 Reps: 3 Weight: 30% effort Freq:  
1x/day Hold: 10 sec Rest: 5 sec

Stand or sit with your back straight and your  
chin tucked in.

Place one hand on your cheek bone to resist  
the rotation movement of the head (looking  
over your shoulder).

Slowly release the pressure and repeat.

### 4 Iso. cervical lateral flexion



Sets: 1 Reps: 3 Weight: 30% effort Freq:  
1x/day Hold: 10 sec Rest: 5 sec

Place your palm on the side of your face.  
Attempt to bring your ear down to your  
shoulder but resist any actual movement with  
your hand.

Repeat on the other side.

## 5 Isometric retraction/elongation



Sets: 1 Reps: 3 Weight: 30% effort Freq: 1x/day Hold: 10 sec Rest: 5 sec

Lie on your back without a pillow under your head.

Tuck your chin in so as to press the back of your head into the bed and pull yourself taller as if there is a rope pulling the back of your head.

Return to the initial position and repeat.

## 6 Isometric neck extension



Sets: 1 Reps: 3 Weight: 30% effort Freq: 1x/day Hold: 10 sec Rest: 5 sec

Lie on your back with a pillow under your head.

Tuck your chin inward and get yourself tall by pretending a rope is pulling you up from the back of your head.

Push your head on the pillow to try to lift your shoulders off the bed, keeping your chin tucked in at all times.

Relax and repeat.

## 7 Isometric neutral head lift



Sets: 1 Reps: 3 Weight: 30% effort Freq:  
1x/day Hold: 10 sec Rest: 5 sec

Lie on your back with your knees bent.

Nod your chin slightly to neutral and maintain  
this position as you lift your head off the  
surface about 30 degrees.

Hold that position, being sure not to let the  
chin poke.

Return the head back to the surface and then  
relax the nod.

Repeat.