

Isometric neck flexion

Place your palms against your forehead, keeping your chin slightly down. Press your head forward while resisting any movement with your hands. Hold the contraction for 5-10 seconds and then relax.

Sets 3
Repetitions: 10



Isometric neck extension

Put your hands on the back of your head. Push the head backwards while resisting the tilt with the hands. Hold it for 5-10 seconds and relax.

Sets 3
Repetitions: 10



Isometric neck side flexion

Place one palm against your temple. Press your head laterally while resisting any movement with your hand, keeping your chin slightly down. Hold the contraction for 5-10 seconds and then relax.

Sets 3
Repetitions: 10



Isometric neck rotation

Place one palm against slightly ahead of your temple. Turn your head while resisting any movement with your hand, keeping your chin slightly down. Hold the contraction for 5-10 seconds and then relax.

Sets 3
Repetitions: 10



Shoulder raise with weights

Stand with both arms straight and hold two weights with your hands. Shrug your shoulders. Maintain the position for 5 seconds and then relax so that your shoulders go downwards to the starting position.

Sets 3
Repetitions: 10



Shoulder elevation with weights

Stand with both elbows flexed and holding two weights with your hands. Rise both hands up to the ceiling, extending your elbows. Maintain the position for 5-10 seconds and return to the starting position.

Sets 3
Repetitions: 10



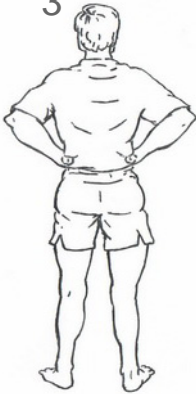
EXERCISE PROGRAMS

for Cervical Spine

Anterior shoulder stretch with hands on waist

Drive both elbows back until a stretch is achieved. Hold it for 15-30 seconds and return to the starting position.

Sets 1
Repetitions: 3



Isometric neck extension

Put your hands on the back of your head. Push the head backwards while resisting the tilt with the hands. Hold it for 5-10 seconds and relax.

Sets 3
Repetitions: 10



Shoulder rotation

While exhaling slowly through the mouth, drive both shoulders by this order: 1. upward, 2. forward, 3. backward, 4. upward. Then return to the starting position.

Sets 1
Repetitions: 3

