

Nottingham Family Wellness Centre

Neck and Posture Exercises

Neck Exercises



PROPER CERVICAL AND SPINAL POSTURE

Good posture positions your head over your shoulders so that your head is not protruding forward. Your ears should be over your shoulders.

Begin by correcting your low back so that it is not slouched. This will correct much of the spine. You may also need to perform a small chin tuck as well.

The image on the right shows how you should position your head and spine throughout the day. This might be difficult at first but over time will get easier as your body adjusts.



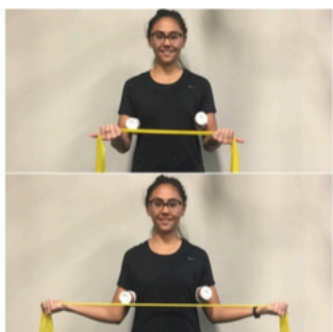
CHIN TUCK

While lying on your back, tuck your chin towards your neck, as if you were making a double-chin.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



Maintain contact of head with the surface you are lying on the entire time.



BILATERAL EXTERNAL ROTATION

Standing with an upright posture, hold the middle of a piece of theraband with both hands (thumbs outwards). With your elbows at your side and arms bent at 90 degree angle, pull your hands outward, and squeeze your shoulder blades down and together.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

Nottingham Family Wellness Centre

Neck and Posture Exercises



ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



WALL ANGELS

Stand with your back against a wall. Bend your knees slightly and flatten your lower back against the wall. Raise your arms to 90 degrees.

While making contact with your head, wrists, elbows and shoulders, slide your arms up and down the wall as shown. The motion is similar to making a snow angel.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day