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NECK EXERCISES

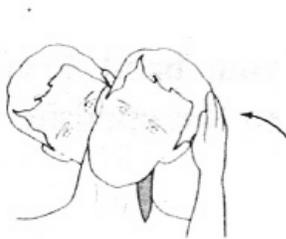
RANGE-OF-MOTION EXERCISES

Before performing each motion, align your head so your ears are over your shoulders. All motions should be slow and gentle, with no sudden or bouncing movements. Perform 3 repetitions.

1. CHIN TUCK

Use the muscles on the front of your neck to tuck your chin in. hold for 5 seconds.

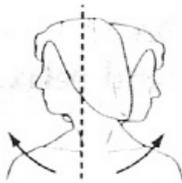
Repeat 3 times.



2. SIDE BENDING

Tilt your head over with your ear towards your shoulder. Be sure not to elevate your shoulder to your ear. Hold for 15 seconds. Return to center, and repeat to the opposite side.

Repeat 3 times.



3. ROTATIONS

Slowly turn your head to look over your ear towards your shoulder. Hold for 15 seconds. Return to center, and repeat to the opposite side.

Repeat 3 times.



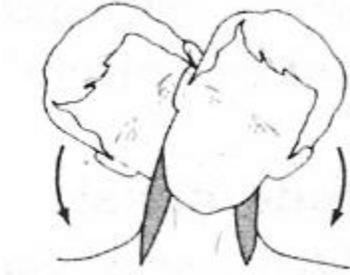
4. FLEXION

Slowly tuck your chin in towards your chest, and tilt your head forwards. Feel the stretch at the back of your neck. Hold for 15 seconds.

Repeat 3 times.

NECK STRENGTHENING EXERCISES

Use your hand to apply resistance when performing these exercises. The resistance should be gentle and steady and there should be no head movement. Hold for 10 seconds. Repeat 3 times. Be careful with neck stretching.



1. RESISTED SIDE BENDS

In a sitting position apply the palm of your right hand just above your right ear. While tilting your head to the right, use your right hand to apply resistance to the motion. Hold for 10 seconds.

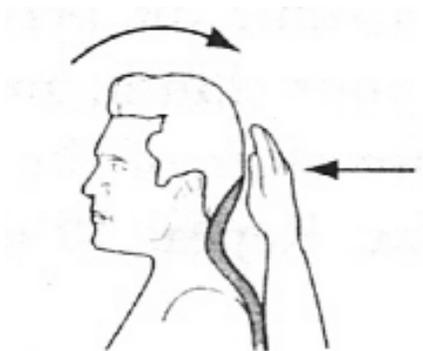
Repeat 3 times.



2. RESISTED FLEXION

In a sitting position, apply the palm of your hand to the center of your forehead. Tilt your head forward while applying resistive pressure with your hand. Hold for 10 seconds.

Repeat 3 times.



3. RESISTED EXTENSION

In a sitting position, apply the palm of your hand to the back of your head. Tilt your head backwards while applying resistive pressure with your hand. Hold for 10 seconds.

Repeat 3 times.