

# Neck Range of Motion

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Be present and aware of your movements as you exercise. Remember to breathe. The goal of these exercises is to keep the vertebrae mobile. Move only within your pain-free range of motion. If it hurts to move to one direction today, only move the direction that doesn't cause pain.

- Sit in a chair.
- With a neutral spine, relax your shoulders.
- You will know you have a neutral spine by imagining you are being held up by a string from the top of your head. Your ears are over your shoulders and your shoulders are over your hips. See the neutral spine handout for more information.

## Turkey Neck

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- Slowly move your head straight forward and backward.
- Make sure to keep your head straight and eyes level. You should not be nodding yes, but rather making a double chin.
- Repeat up to 10 times.



## Side Bend

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- Slowly move your head to the left and right as if trying to touch each ear to your shoulders.
- Repeat up to 10 times.



## Rotation

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- Slowly rotate your head side to side as if you are glancing behind your shoulder.
- Repeat up to 10 times.

