

# Exercises for neck strengthening isometrics



## Cervical Isometrics

### Front

- Sit or stand tall with good posture.
- Place the palm of your hand on your forehead.
- Gently push hand into head, resisting this force with your neck muscles and maintaining your posture.
- Hold head and neck steady and do not allow neck to bend.
- Hold for 3 to 5 seconds and repeat 6 to 12 times.



### Side

- Sit or stand with good posture.
- Place the palm of your hand on your cheek/temple.
- Gently push hand into head, resisting this force with your neck muscles and maintaining your posture.
- Hold head and neck steady and do not allow neck to bend.
- Repeat on other side of the head.
- Hold for 3 to 5 seconds and repeat 6 to 12 times.



### Back

- Sit or stand with good posture.
- Place the palm of your hand on the back of your head.
- Gently push head back into your hand, resisting this force with your neck muscles and maintaining your posture.
- Hold head and neck steady and do not allow neck to bend.
- You can repeat using the other hand, or switch between them if you wish.
- Hold for 3 to 5 seconds and repeat 6 to 12 times.



### Cervical Isometric Extension using a resistance band

- Sit or stand tall with good posture.
- Place the middle of the band around the back of your head.
- Grasp ends of the band in either one or both of your hands, with elbows bent, and holding in front of you as illustrated in the photo.
- Keep neck in a neutral position with chin slightly tucked inward.
- Hold head and neck steady and do not allow neck to bend.
- Extend elbows, stretching the band in front of you.
- Hold for 3 to 5 seconds, slowly return and repeat 6 to 12 times.

