Cervical Range of Motion and Isometrics
Home Exercise Program

1. **Chin Tucks**
   Sit up straight with your shoulders back and down, keeping your eyes and chin level.
   Pull your head back and up tall as if you were being pulled by a string from the top of your head.
   Hold ________ seconds.  Repeat _______ times.
   Perform _________ times per day.

2. **Chin Tucks – Supine**
   Lie on your back.  Glide your head back and tuck in your chin.  Do not tilt the head up or down.
   Hold _______ seconds.  Repeat _______ times.
   Perform ________ times per day.
   All of the exercises that follow must be performed while you are sitting or standing upright with your shoulders back.

3. **Neck Flexion**
   Slowly bend your head forward, return to the starting position.
   Hold ________ seconds.  Repeat _______ times.
   Perform _________ times per day.

4. **Neck Sidebending**
   Slowly tilt your head toward one shoulder, then slowly repeat to the opposite side while keeping your face straight ahead.
   Hold ________ seconds.  Repeat _______ times.
   Perform _________ times per day.

5. **Neck Rotation**
   Slowly turn your head to look over one shoulder, then slowly repeat to opposite side.
   Hold ________ seconds.  Repeat _______ times.
   Perform _________ times per day.
6. **Isometric Flexion**  
Using light pressure with your fingers against your forehead, resist with your neck muscles to keep your head in the upright position.

Hold ________ seconds. Repeat _______ times.
Perform _________ times per day.

7. **Isometric Extension**  
Using light pressure with your fingers against the back of your head, resist with your neck muscles to keep your head in the upright position.

Hold ________ seconds. Repeat _______ times.
Perform _________ times per day.

8. **Isometric Sidebending**  
Using light pressure with your fingers against the side of your head (above the ear), resist with your neck muscles to keep your head in the upright position.

Hold ________ seconds. Repeat _______ times.
Perform _________ times per day.

9. **Isometric Rotation**  
Using light pressure with your fingers against the side of your forehead, resist turning with your neck muscles to keep your head in the upright position.

Hold ________ seconds. Repeat _______ times.
Perform _________ times per day.