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.

Continued
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.