

NECK STRENGTH AND ENDURANCE CONDITIONING

Purpose: Neck muscle conditioning with isometric ball exercises

Chiropractic Rehabilitation Centers™ □ Alward □ Lemire

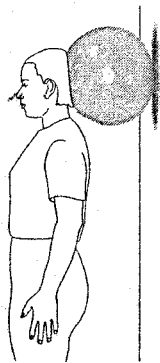


Fig. A. Neutral starting position

- 1-Position the ball between the back of your head and the wall as seen in Fig. A.
- 2- The starting and ending position for this exercise is with the ears, shoulders, hips and ankles to be aligned vertically.
- 3- Keep the chest upright and remember to breath through the entire exercises sequence.

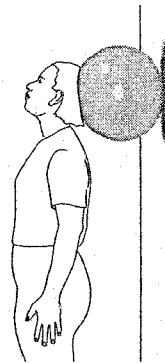


Fig. B. Extensor Muscle Conditioning

- 1- Repeat steps 1-3 in fig. A.
- 2- Press and extend your head backwards against the center of the ball with gentle pressure as shown in fig. B.
- 3- Maintain a controlled and smooth resistance throughout the movement.
- 4- Slowly increase the amount of resistance.(reps _____x _____per day).

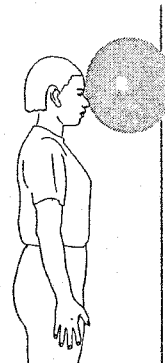


Fig. C. Neutral starting position for flexion

- 1-Position the ball between the forehead and the wall as seen in fig. C. Steps 2 and 3 are the same as in fig. A.

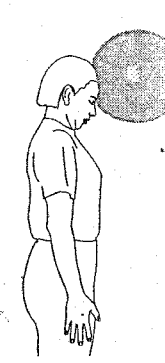


Fig D. Flexor Muscle Conditioning

- 1-Position the ball between the forehead and the wall as seen in Fig. C.
- 2- Press and flex your forehead into the center of the ball with gentle pressure as shown in Fig D.
- 3- Maintain a controlled and smooth resistance throughout the movement.
- 4- Slowly increase the amount of resistance.(reps _____x _____per day).

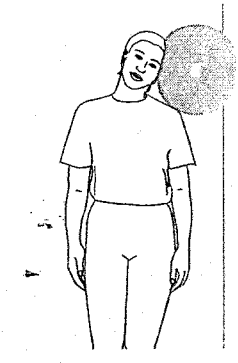


Fig. E. Left & Right side bending muscle conditioning

- 1-Position the ball between the left ear and the wall as seen in Fig E.
- 2- Press your left ear against the center of the ball as attempting to touch the ear to the shoulder.
- 3-Return slowly to the starting position. Maintain smooth and controlled motion.
- 4- Repeat with opposite side (reps per side _____x _____per day).

ISOKENETIC TUBING EXERCISES

Purpose: Neck muscle conditioning with exercises tubing through a range of motion

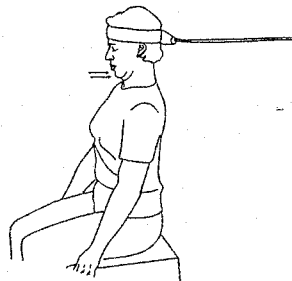
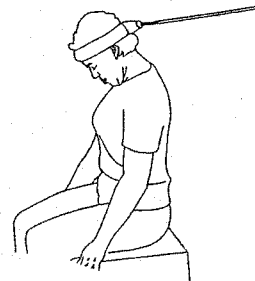


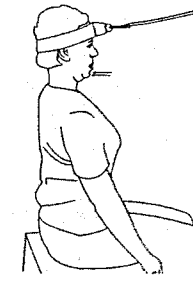
Fig. F.

- 1-Sit with your legs slightly spread apart and gently tuck your chin in toward your chest. Elongate your back from your sternum (breast bone) slowly with maximal effort toward the ceiling as shown above. This is the starting (neutral) position for the neck exercises.



NECK FLEXORS: Fig. G.

- 1-Repeat step 1 in fig F.
- 2-Strap the head harness around your head securely. Slowly flex your neck forward and hold briefly before returning back to the starting (neutral) position. (Repetitions: hold for _____ secs. & _____ X _____ per day).



NECK EXTENSORS: Fig. H & I

- 1-Repeat step 1 in fig F., but do not tuck your chin.
- 2-Strap the head harness around your head securely. Keep your back straight and slowly extend your neck backward before returning back to the starting (neutral) position. (Repetitions: hold for _____ secs. & _____ X _____ per day).

