

Neck/Upper Back Strength Exercises

Chin Tuck

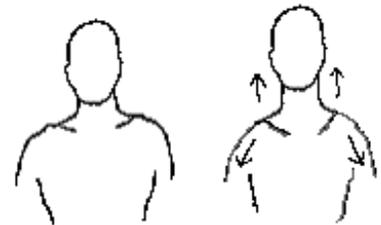
Sitting up straight, keeping the chin LEVEL, gently pull the chin straight in as if you are hiding against a wall or sideways behind a tree. Your head should not bob up or down. The back of your neck should feel long. The highest point of your body should be the top back or your head. Hold the position.



Do Not Cause Pain.

Giraffe

In sitting, pretend that you can lift your head a couple of inches. As you lift, gently squeeze your shoulder blades DOWN and together. Sometimes it is helpful to picture your head moving up towards the ceiling like a giraffe. Doing this lift helps to correct your posture and stretch the cervical and trapezius muscles, as well as giving active traction to the discs. Hold on to the seat of a chair for added anchoring and effect. Hold the position.



Do Not Cause Pain.

Isometrics

Tuck in chin, push against forehead, and be careful to maintain neutral position without any movement of the head. Hold this position. Switch to the back of your head and repeat in opposite direction. Place your hand on the side of your head, tuck your chin in and push against your head, and be careful to maintain neutral position without any movement of the head. Hold this position. Switch sides and push in opposite direction.



Do Not Cause Pain.

HOLD: 5 10 **REPS:** 5 10 **SETS:** 1 2 3

Ice After Exercises, and 20 Mins Every Hour

Name _____ Date _____ Dr. _____

Low Back Strength Exercises

Mule Kick

Assume the "all-fours" position. Bring one knee toward your head as you lower the head. Hold this position. Extend the head up and the leg out to a flat position parallel to the floor. Hold this position. Return to the starting position. Switch legs.



Do Not Cause Pain.

Curl Up/Crunch

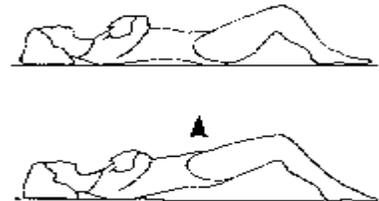
Lie on your back on a flat surface. Your feet should be flat on the surface and your knee bent. Slowly reach your arms in front of you as much as possible, curling your trunk. Slowly keep the neck muscles relaxed. Breathe normally. Hold this position. Slowly return to the starting position.



Do Not Cause Pain.

Pelvic Lift

Lie on your back on a flat surface. Your feet should be flat on the surface and your knees bent. Keep your legs together. Cross your arms over your chest. Tilt your pelvis and push your low back flat against the floor. Hold this position. Slowly lift your buttocks off the floor as far as possible without straining. Hold this position. Lower your buttocks to the floor. Do not hold breath.



Do Not Cause Pain.

HOLD: 5 10 REPS: 5 10 SETS: 1 2 3

Ice After Exercises, and 20 Mins Every Hour

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