

# Neck Strengthening Level 1

## Follow-Along Exercise Guide

Based on the exercise sequence shown in your video.  
Use the written instructions here to follow along and reinforce proper form.

### Included in this guide

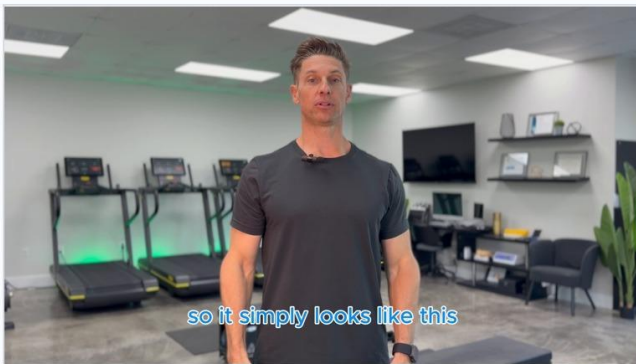
1. Axial Elongation
2. Supine Neck Tuck
3. Four-Way Isometrics
4. Scapular Retraction
5. Wall Slides
6. Cervipedic Pillow Setup / Mid-Neck Curve Support

Full video reference: [Open](#)

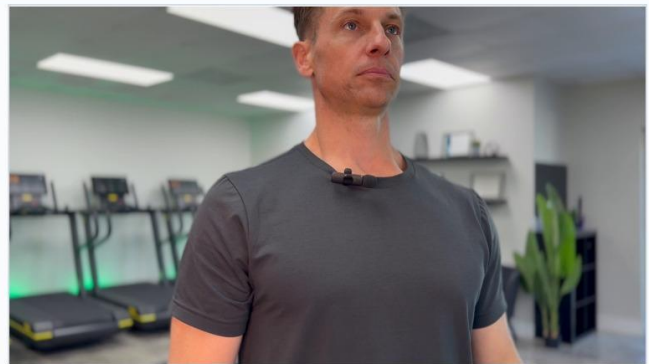
Exercise 1 of 6

## Axial Elongation

### Axial Elongation



Start



Finish

**Why this helps:** Improves upright neck posture, helps decompress the spine, and encourages a better cervical curve position.

### How to do it

- Stand tall with your shoulders relaxed.
- Gently tuck your chin straight back.
- At the same time, lengthen the top of your head upward, as if you are trying to grow taller.
- Keep the motion smooth and controlled.
- Relax and return to a normal standing posture.

**Suggested starting dose:** 10 slow repetitions

**Use caution:** Do not jam the head backward or lift the chin. The motion should feel long and tall, not strained.

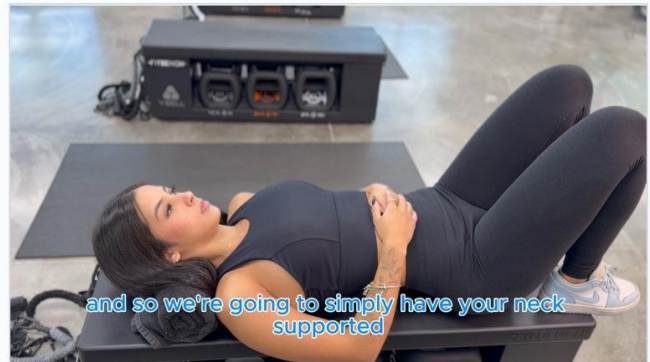
Exercise 2 of 6

## Supine Neck Tuck

### Supine Neck Tuck



Start



Finish

**Why this helps:** Activates the deep neck flexors and helps retrain neck support muscles without excessive strain.

#### How to do it

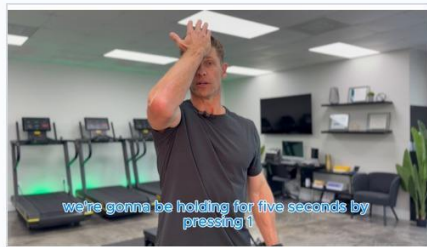
- Lie on your back with your knees bent.
- Keep your neck supported and your shoulders relaxed.
- Gently draw your chin straight down, as if making a small double chin.
- Hold briefly, then relax.
- Repeat without lifting the head off the surface.

**Suggested starting dose:** 10 to 15 repetitions

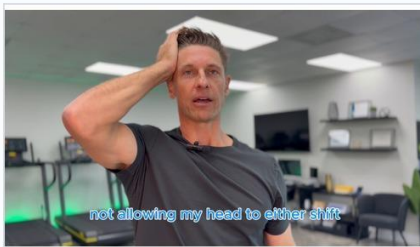
**Use caution:** Keep the movement small. Do not force the chin down or flatten the neck aggressively.

## Four-Way Isometrics

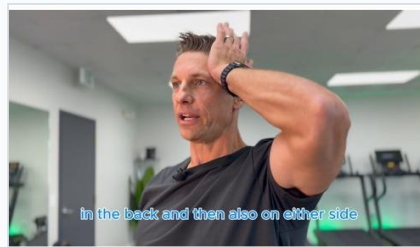
### Four-Way Isometrics



Front



Side



Back

**Why this helps:** Builds strength throughout the neck by creating resistance in multiple directions without large neck movement.

#### How to do it

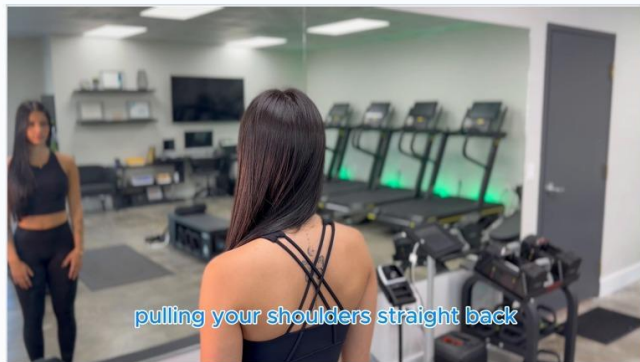
- Sit or stand tall with your head in a neutral position.
- Place your hand on your forehead and gently press your head into your hand without letting your head move.
- Repeat with your hand on the side of your head, then behind your head.
- Use only gentle resistance and keep the neck still the whole time.
- Work through the front, side, and back in the same controlled way.

**Suggested starting dose:** Hold about 5 seconds in each direction, then repeat through all directions

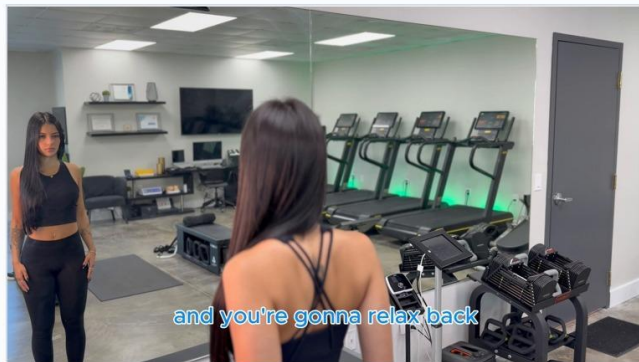
**Use caution:** Use gentle pressure only. Do not allow the head to shift or twist during the press.

# Scapular Retraction

## Scapular Retraction



**Start**



**Squeeze**

**Why this helps:** Strengthens the upper back and improves shoulder blade position, which helps support better neck posture.

### How to do it

- Stand tall with your arms relaxed by your sides.
- Pull your shoulders straight back.
- Think about gently squeezing a quarter between your shoulder blades.
- Hold briefly, then relax back to the starting position.

**Suggested starting dose:** Hold 2 to 3 seconds, 10 to 15 repetitions

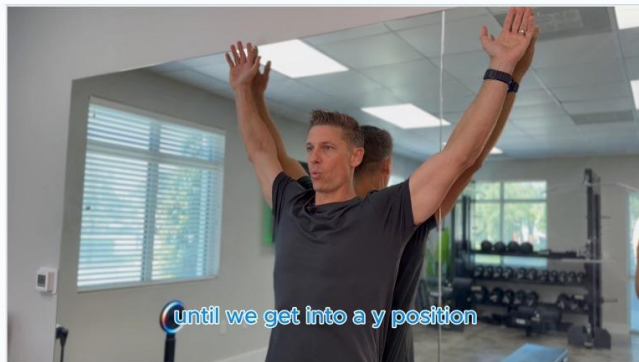
**Use caution:** Do not shrug the shoulders upward. Keep the neck relaxed while the shoulder blades do the work.

## Wall Slides

### Wall Slides



**W Position**



**Y Position**

**Why this helps:** Improves shoulder mobility, upper-back activation, and posture control while keeping good neck alignment.

#### How to do it

- Stand with your arms in a W position against the wall.
- Keep your posture tall and maintain contact with the wall as able.
- Slowly slide your arms upward into a Y position.
- Return back down to the W position in control.
- Keep the movement smooth throughout the full range shown in the video.

**Suggested starting dose:** 10 to 15 repetitions

**Use caution:** Do not arch the low back or let the ribs flare. Stay controlled through the whole movement.

## Cervipedic Pillow Setup / Mid-Neck Curve Support

### Cervipedic Pillow Setup



you're going to lay down on the device

Setup



and that's gonna allow for you to

Position

**Why this helps:** Provides passive support to the middle of the neck to help restore and maintain the cervical curve.

#### How to do it

- Place the support on the floor or bed.
- Lie back so the peak of the support sits at the middle of your neck.
- Let your head rest back comfortably.
- Allow the neck to relax over the support.
- Adjust the height of the support as needed as your neck curve improves.

**Suggested starting dose:** Use for a short tolerated hold and build gradually, or as prescribed

**Use caution:** Stop if this causes increased dizziness, headache, radiating pain, or numbness. The support should be under the neck, not under the head.