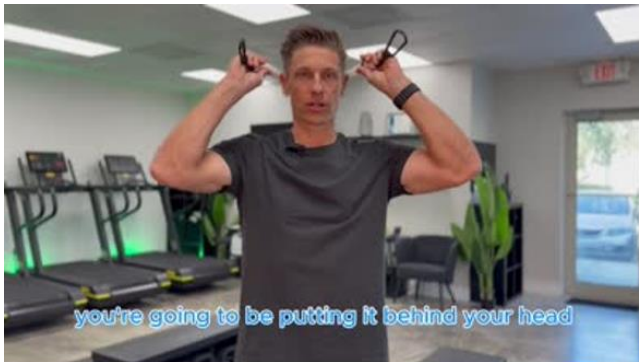


Neck Strengthening — Level 2

Use this guide while following along with the video. The exercise order below matches the video sequence. Keep the movements small, controlled, and pain-free.

1. Resisted Cervical Curve Hold



Set up



Subtle hold

Why this helps: Builds strength and endurance in the small postural neck muscles that help you maintain an upright head position and support your cervical curve.

How to do it:

- Use a light band or strap and place it behind the back of your head, holding one end in each hand in front.
- Stand tall with your chin level, eyes forward, and shoulders relaxed.
- Create a very subtle corrected head position in the band. Think gentle hold, not a big motion.
- Keep the movement small and controlled, then relax and repeat.

Suggested starting dose: Hold 3–5 seconds, 8–10 reps

Use caution: Do not jam the head backward or lift the chin. This should feel like a gentle postural hold, not a forceful neck extension.

2. Resisted Head-Tilt Correction Isometric



Band placement



Isometric correction

Why this helps: Helps strengthen the muscles that support a more level head position when there is a side-bending or head-tilt pattern.

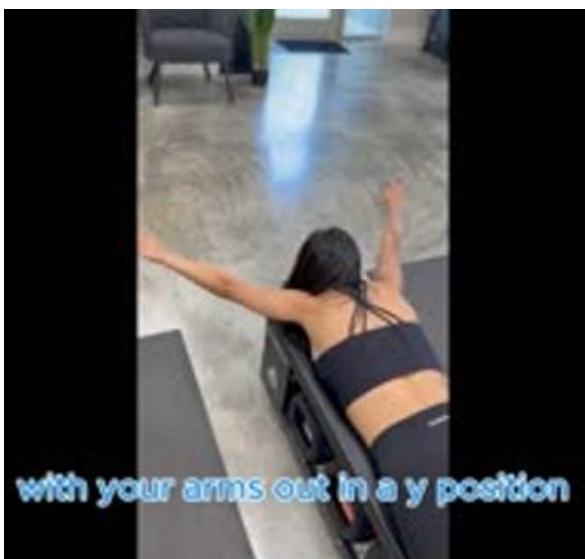
How to do it:

- Place the band around the side of your head **opposite** the direction of your head tilt. (This will help pull the head into the center)
- Set your head in a more centered, upright position.
- Apply sideways resistance with the band while gently pressing into the correction.
- Your head should not actually move sideways — this is an isometric hold.
- Relax and repeat on the prescribed side.

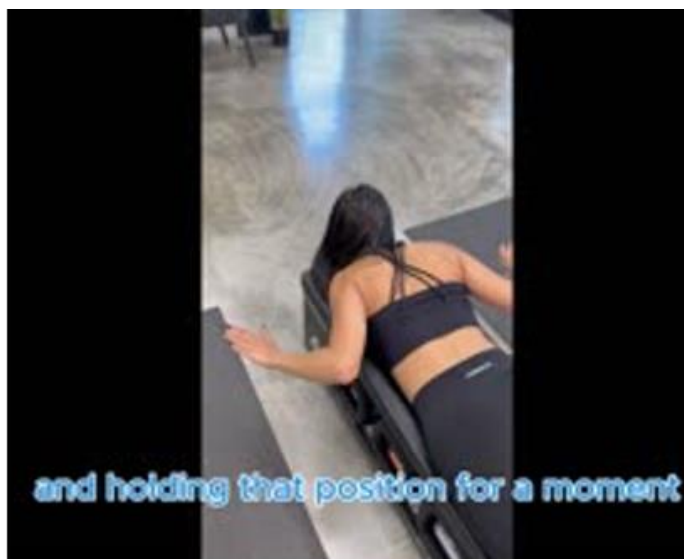
Suggested starting dose: Hold 3–5 seconds, 8–10 reps

Use caution: Use gentle pressure. Keep the shoulders relaxed and stop if symptoms increase or the movement feels sharp or dizzying.

3. Prone Y T W



Y position



W squeeze

Why this helps: Strengthens the shoulder-blade and upper-back muscles that support better neck posture and reduce the neck's tendency to do all the work.

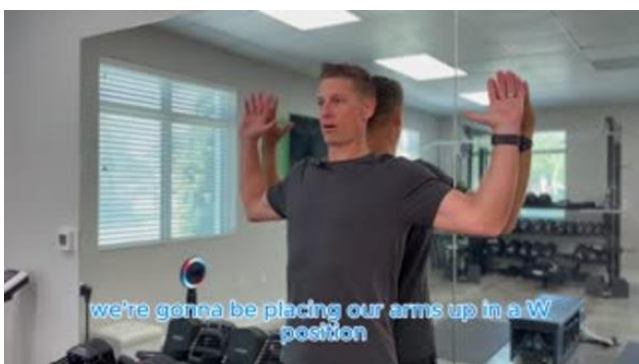
How to do it:

- Lie face down on a bench or table with your arms out in a Y position.
- Lift the arms slightly and begin squeezing the shoulder blades together.
- Bring the arms down into a W position while keeping the shoulder blades active.
- Pause briefly, then return with control.

Suggested starting dose: 8–10 reps

Use caution: Do not shrug the shoulders toward the ears. Keep the neck long and the movement controlled.

4. Wall Slides



Start (W)



Finish (Y)

Why this helps: Improves shoulder mobility and upper-back control so the neck can stay in a better position during arm movement.

How to do it:

- Stand tall with your arms in a W position against the wall.
- Keep the ribs down and your posture upright.
- Slide the arms upward toward a Y position while maintaining contact with the wall as best you can.
- Lower slowly back to the start.

Suggested starting dose: 10-15 reps

Use caution: Avoid arching the low back or poking the chin forward to get higher.

5. Suitcase Carry



Hold



Walk tall

Why this helps: Challenges upright posture, neck stability, and trunk control while you walk.

How to do it:

- Hold one dumbbell or kettlebell at your side.
- Stand tall with the head level, shoulders even, and core lightly engaged.
- Walk slowly and stay upright without leaning toward or away from the weight.
- Repeat on the other side.

Suggested starting dose: 30 seconds each side

Use caution: Use a manageable weight that lets you keep good posture the whole time.

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