

Cervical Dynamic Isometric Retraction



Objective: To improve head forward posture

Instructions:

- **Setup:**

- Upright posture either seated or standing
- Place the band behind your head and grab it, while maintaining slight pressure, with both hands with arms flexed at 90 degrees in front of your body.
- Keep your neck in a neutral position, with chin slightly tucked in to stabilize.

- **Exercise:**

- Extend your elbows until your arms are straight in front of you.
- Take 4 seconds to go to full contraction; Hold for 2 seconds; Then take 4 seconds to return to starting position
- Maintain control throughout the movement. At no point should the band be moving you.
- Breathe evenly while performing the exercise; Inhale as you extend your arms; Exhale as you return to the starting position
- Do 12 repetitions. If the band length and tension is correct you should feel fatigued on the 12th rep. If necessary adjust the band resistance so that fatigue is reached on the last rep.
- Take a few seconds to reduce the band tension slightly
- Then, do 12 more repetitions at a tension that once again fatigues the muscles you are using
- Maintain a consistent 4 – 2 – 4 tempo. There will be a tendency to speed up as you fatigue and are pushing to complete the 12 reps, so watch this.
- Notice areas that are weak or painful so you can report them on your next visit (Example: Does it hurt in a particular muscle in one of your shoulders?)

Attribution: This exercise is an adaptation of one demonstrated on the Thera-band Academy website.