

Neck Flexion - Extension Isometrics

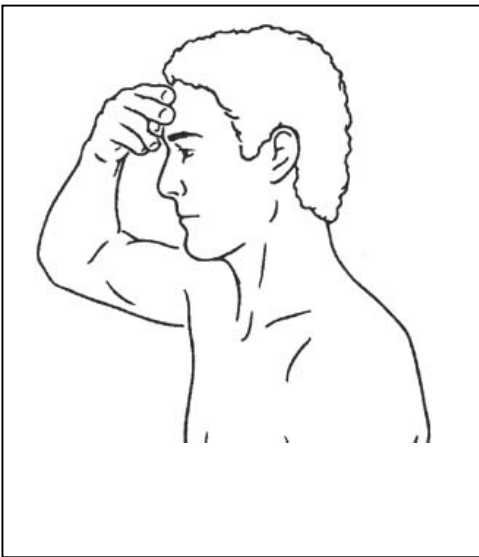
Benefits:

- o Reducing Neck and Shoulder Tension
- o Eliminating Tension Headaches
- o Improving Neck Strength

THESE EXERCISES CAN BE REPEATED MULTIPLE TIMES THROUGHOUT THE DAY. DO THEM AT LEAST TWICE EACH DAY.

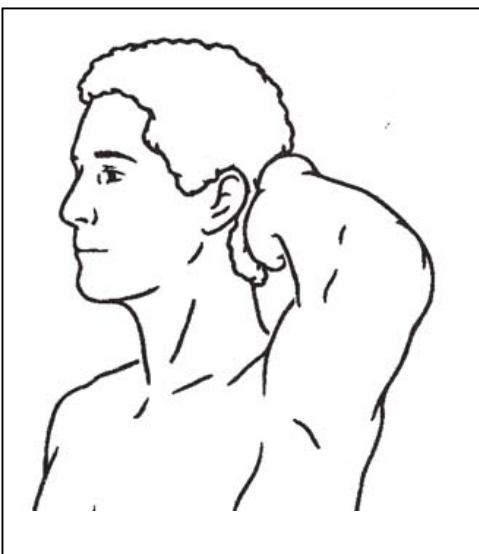
Slowly increasing the contraction of a muscle while providing resistance to prevent movement of the joints is called "Isometric Contraction". Isometric exercises provide a safe and effective way to simultaneously relax and strengthen your neck.

Neck Flexion Isometrics



- o Sit upright with no forward or backward tilt of head or neck
- o Place one or both hands on your forehead
- o Contract your neck flexor muscles while providing an equal pressure with your hand(s) to maintain your starting position.
- o Slowly increase the amount of contraction without causing pain or undue stress on your neck or arms.
- o Hold the maximum contraction for **5 seconds**.
- o Relax and then repeat for **5 repetitions**.

Neck Extension Isometrics



- o Sit upright with no forward or backward tilt of head or neck
- o Place one or both hands on back of your head
- o Contract your neck extensor muscles while providing an equal pressure with your hand(s) to maintain your starting position.
- o Slowly increase the amount of contraction without causing pain or undue stress on your neck or arms.
- o Hold the maximum contraction for **5 seconds**.
- o Relax and then repeat for **5 repetitions**.