

Neck Rotation Isometrics

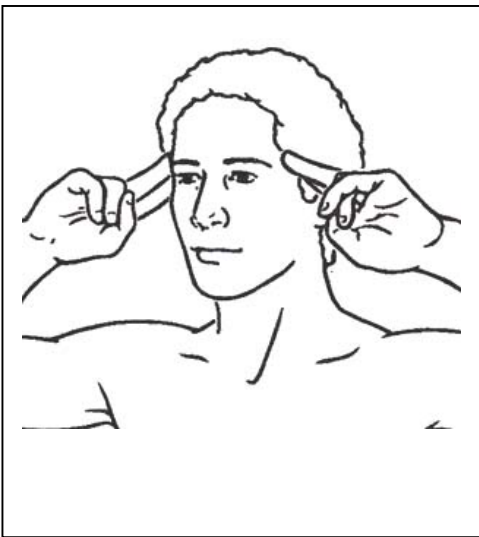
Benefits:

- o Reducing Neck and Shoulder Tension
- o Increasing Range of Motion
- o Improving Neck Strength

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

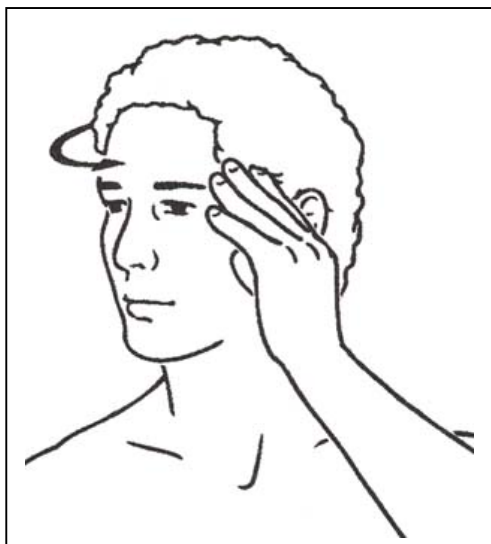
Slowly increasing the contraction of a muscle while providing resistance to prevent movement of the joints is called "Isometric Contraction". Isometric exercises provide a safe and effective way to simultaneously relax and strengthen your neck.

Neck Rotation Isometrics (Facing Forward)



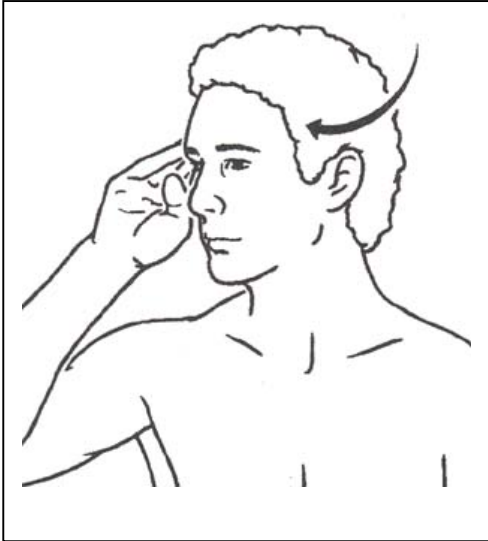
- o Sit upright, looking straight ahead, with no forward or backward tilt of head or neck
- o Place one hand on each side of your head, using a finger or palm contact.
- o **Make sure hands are above jaw joints**
- o Attempt to rotate your head to the left while providing an equal pressure with your 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 Then attempt to turn right for **5 seconds**.
- o Relax and then repeat both for **5 repetitions**.

Neck Rotation Isometrics (Facing Right and Contracting Left)



- o Turn your head as far right as is comfortable
- o Place your left hand on the left side of your head.
- o **Make sure hand is above jaw joint**
- o Attempt to rotate your head to the left while providing an equal pressure with your hand(s) to maintain your right-facing 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 both for **5 repetitions**.

Neck Rotation Isometrics (Facing Right and Contracting Right)



- o Turn your head as far right as is comfortable
- o Place your right hand on the right side of your head.
- o **Make sure hand is above jaw joint**
- o Attempt to rotate your head farther to the right while providing an equal pressure with your hand(s) to maintain the starting position. This prevents you from over-stressing your neck joints.
- 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 both for **5 repetitions**.

Fine-Tuning Your Program

- o Exercise in short series requiring no more than 5 minutes. These "exercise breaks" can be fit into even the busiest schedule.
- o Establish two scheduled "breaks" at regular times in the day. This can be when you first get up in the morning, before or after lunch, at the end of work, etc.
- o Add additional breaks when you feel tension in your neck or shoulders. These can be a good opportunity to recharge, clear your brain or get away from your phone or computer for a few minutes.
- o Do the specific exercises that bring you the most relief or relaxation.
- o Vary your program if it gets boring. Bring in new exercises or do them on a rotating basis.
- o Find ways to make this fun.