

INSTRUCTIONS FOR THE “PRO-LORDOTIC” NECK EXERCISER

1. BASIC PRO-LORDOTIC NECK EXERCISE

- a) Start by holding the pro-lordotic neck exerciser behind your neck as shown (picture 1). Keep the palms of your hands pointed outward and slowly extend both of your arms forward, relaxing and allowing your neck to be pulled forward at the same time.
- b) Try to fully extend your arms, thereby pulling your lower neck fully forward (picture 2). If any neck or upper back pain is felt during the extension of your arms, stop at that point. Over time you should be able to go further and further without pain.
- c) Once your lower neck is pulled fully forward and your arms are extended, now actively pull your head back into full extension, thereby completely stretching out the muscles on the front of your neck (picture 2). Only pull your head back into full extension if there is no pain. If there is pain before you reach full extension, stop at that point.
- d) Now your fully extended arms can be slightly moved forward and backward with your head extensions to create a “pumping” motion.
- e) Start this exercise with the neck exerciser pulling on the lower portion of your neck. After 3 or 4 repetitions, change the angle of your pull so that you are pulling on the middle portion of your neck (angle your arms about 15 degrees upward). After 3 or 4 repetitions of that, change the angle of your pull again so that you are pulling on the upper portion of your neck (angle your arms about 30 degrees upward).

2. VARIATION OF THE BASIC PRO-LORDOTIC EXERCISE

Perform this exercise in the same manner as you do the basic exercise, except this time you should hold the full arm and head extension for 5-10 seconds, relax, and then repeat. Perform 3-4 repetitions on each of the lower, middle, and upper neck just as you did before. You can begin this variation once you are completely pain free with the basic exercise.



Picture 1

Picture 2

3. PRO-LORDOTIC NECK EXERCISE WITH FULL LATERAL BENDING

- a) Start by doing the Basic exercise on your lower neck.
- b) After you have fully extended your head, move it into full left and right lateral bending (touching your ear to your shoulder on each side), doing 2-3 times per side (picture 3). If any pain is felt as you bend your head to each side, stop at that point. You should be able to go further and further without pain over time. Perform 3-4 times and then repeat in your middle and upper neck.



Picture 3

4. PRO-LORDOTIC NECK EXERCISE WITH FULL ROTATION

- a) Start by doing the Basic exercise on your lower neck.
- b) After you have fully extended your head, move it into left and right full rotation (turning your head from side to side) 2-3 times in each direction (picture 4). Perform 3-4 times and then repeat in the middle and upper neck. If any pain is felt as you turn your head, stop at that point.



Picture 4

WHAT TO EXPECT ONCE YOU START THE PRO-LORDOTIC NECK EXERCISES:

It is not uncommon to experience some soreness of the neck and upper shoulders after beginning these exercises. This muscular soreness should not be intense or last more than a few hours after use. If your reaction is more severe, you are probably performing the exercises too aggressively or doing too many repetitions. If reducing the repetitions and force does not reduce your post-exercise soreness, discontinue use and consult your Chiropractor.

DO NOT USE the Pro-lordotic neck exerciser if you experience dizziness, vertigo, loss of consciousness, or visual/speech disturbance during or right after use. Do not use if you have an unstable neck, spinal cancer or infection, surgical fusion of the neck, or stroke.