

Physiotherapy Department

Neck Strengthening Exercises

Isometric Exercises



- For these 4 exercises place your hand on your forehead
- Push your hand against your head as shown and match the resistance with your head. Your head should remain still throughout this exercise
- Hold this exercises for 10 seconds then relax for 5 seconds. Repeat 10 times

Deep neck flexor exercises

1.



- Start in lying in a relaxed neutral position
- Imagine a piece of string is pulling your head from the back of your skull. Your chin should depress and you should feel your neck elongating against the floor
- Hold this position for 10 seconds then relax for 5 seconds. Repeat 10 times

2.



- Sit with your back and head against the wall
- Similar to the previous exercise imagine a piece of string is pulling your head from the back of your skull. Your chin should depress and you should feel your neck elongating against the wall
- Hold this position for 10 seconds then relax for 5 seconds. Repeat 10 times

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3.



- Lie on your front and prop yourself onto your elbows with your neck in a relaxed neutral position
- Depress your chin and elongate your neck
- Hold this position for 10 seconds then relax for 5 seconds. Repeat 10 times

4.



- Kneel on your hands and knees (4 point kneeling) with your neck in a relaxed neutral position
- Depress your chin and elongate your neck
- Hold this position for 10 seconds then relax for 5 seconds. Repeat 10 times