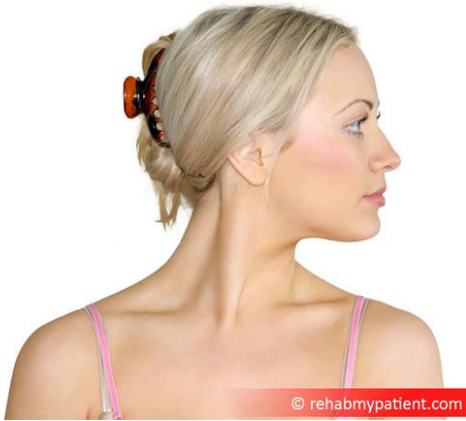


Exercise plan:  
**Neck ROM**

Patient:  
**Auto Accident**

Date:  
**May 08th, 2018**

## Neck Rotation



Sit or stand upright with good posture. Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder and back relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

**Perform 2 times daily | Repeat 5 times | Hold for 5 sec | Perform both sides**

Video: [http://youtu.be/UbHEH6t\\_OJQ](http://youtu.be/UbHEH6t_OJQ)

## Neck Flexion



Tuck your chin in and then roll your head forwards. You should feel a gentle stretch at the back of your neck. Return to the start position.

**Perform 2 times daily | Repeat 5 times | Hold for 5 sec**

Video: <http://youtu.be/NZHdC0aeJIs>

## Neck Extension Mobilisation



Tilt your head backwards in a slow and controlled manner. You may feel some compression tension building up at the back of the neck, so stop the extension at that point. Stop the exercise immediately if you get any dizziness or blurred vision.

**Perform 2 times daily | Repeat 5 times | Hold for 5 sec**

Video: <http://youtu.be/LWg92hFOEDk>



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## Neck Protraction

Move your head as far forwards as feels comfortable. Make sure your head stays on the horizon line (i.e. it does not drop forwards).

**Perform 2 times daily | Repeat 5 times | Hold for 1 sec**

Video: <http://youtu.be/RTSC10Aaohc>



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## Neck Retraction

Sit upright with good posture. Gently pull your head back as far as comfortable and down slightly. You will feel some gentle tension at the front and back of your neck. This exercise will help your neck and upper back posture.

**Perform 2 times daily | Repeat 5 times | Hold for 1 sec**

Video: <http://youtu.be/VYcifC6BFgc>



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## Neck Side Flexion Overstretch 2

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder, using your hand to gently apply overpressure. Hold on to a chair to make the stretch stronger. You should feel the stretch to your neck on the same side you are holding on to the chair. Repeat to the right. This exercise will help improve mobility to your neck.

**Perform 2 times daily | Repeat 2 times | Hold for 20 sec | Perform both sides**

Video: <http://youtu.be/tu9xdU2N9ao>

Dear Auto, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [info@activechiropractic.co](mailto:info@activechiropractic.co). Good luck and keep with it!