

# Moliver Chiropractic

## Neck Therapy and Exercises

### INTRODUCTION

The following exercises are specifically designed to reduce tension in the muscles of the neck along with restoration of proper posture. The entire routine may be done while sitting, standing, on the job, at home, or whenever you feel neck tension beginning to build.

### GENERAL GUIDELINES

- The stippled areas on each diagram indicate the muscles you should feel being stretched or exercised.
- Concentrate on doing each exercise slowly and carefully for the full time indicated.
- Exhale slowly while doing each exercise. Do not hold your breath.
- Repeat each exercise 3 times or as recommended by your chiropractor.
- Each exercise should be taken to the point that is comfortable and beneficial to you. Never overdo it or go beyond the point of pain, as this can lead to injury.
- Following the completion of this routine, gentle massage of the muscles of the neck coupled with the application of moist heat will help to reduce any remaining tension.

### INSTRUCTIONS:

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### JAW TUCK

Looking straight ahead, slowly draw your chin and head straight backward. Keep your jaw parallel to the floor and resist tipping your head back. Once you reach the point where you feel a good stretch taking place, hold your head.

*15 seconds* Repeat 3 times, twice daily.



### FORWARD BEND

Bend your neck so that your head approaches your chest, Interlock your fingers behind your head. Now, try to straighten your neck all the while resisting with your hands.

*15 seconds* Repeat 3 times, twice daily.



### BACKWARD BEND

Bend your neck backwards. Place your hands on your forehead. Now try to push your head forward while resisting with your hands.

*15 seconds* Repeat 3 times, twice daily.



### SIDE BENDS

Looking straight ahead, bend your head toward your left shoulder as your left hand pulls your right arm down and across your lower back. Alternate by bending your head towards your right shoulder while pulling on your left arm

*15 seconds each side* Repeat 3 times, twice daily.



### SIDE BENDS

This exercise is similar to the above stretch except in this case, you turn your head as far as possible to the left while pulling down on your right arm. Alternate for the other side.

*15 seconds each side* Repeat 3 times, twice daily.



### BACKWARDS SHOULDER ROLLS

Draw both your shoulders back, down, forward and up in a circular motion. The key here is to do this exercise very slowly and methodically, concentrating your efforts to the fullest throughout the entire circle.

*30 seconds per revolution* Repeat 3 times, twice daily.

**Seth L. Moliver, DC**