

Pro-align, Sydney

Injury Profile: Neck exercises for PRO Align

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The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

### Deep Cervical Neck Flexors- Lying



**0:10**

Hold

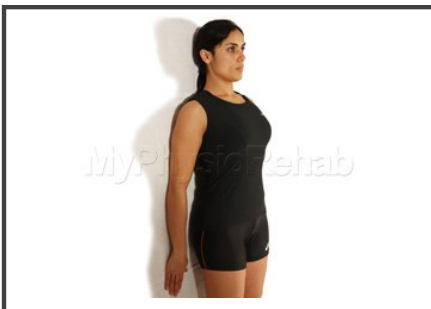
**10**

Sets

- Lying on your back with knees bent
- Place rolled towel under your head to achieve neutral head and neck.
- Imagine a string pulling directly up from the top of your head and slide the head away from body
- Keep the back of the head on the floor as you lengthen the neck and feel a light tightening on the throat. Ensure the larger muscles at the front of the neck are soft.
- Hold for 10 seconds then allow neck and head to return to neutral
- The force should be gentle-20 percent of maximal possible contraction

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### Deep Cervical Flexors Nod on Wall



**0:10**

Hold

**6**

Sets

- Standing with back on wall, feet out just slightly. You may need a towel or deflated ball behind the head.
- Maintain a long spine and engage your core
- Slide the back of the head up the wall maintaining contact
- Stop as feel stretch at back of head or if the head comes away from the wall
- Hold **10 Secs.** and then relax back to start position
- Stop if exacerbates pain

## Deep Cervical Neck Flexors in Standing/Sitting



0:05

Hold

10

Sets

- Ensure neutral posture- sitting or standing up straight
- Place fist under chin
- Perform small nodding action into fist to create tension in back of throat
- Pressure required is only 20% of maximal effort
- Do not let chin poke forward, this is very important.
- Feel for length at the back of the neck
- As a progression you can rotate the head looking left and right, maintain a mild press down on your fist.

[Watch Video](#)

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice from your health professional if you experience any discomfort during this exercise routine.