Neck Exercises
Patient Education

Exercising the neck can reduce pain and stiffness in the neck muscles and help maintain strength and flexibility. Do the following neck exercises twice a day. To prevent injury, do not stretch to the point of pain.

- **Start in the center, turn your head to one side as far as you can.**
- **Hold your position for a moment.**
- **Turn your head back to the center.**
- **Turn your head in the other direction.**
- **Repeat 10 times.**

  ![Turn Head Slowly from Left to Right](image)

- **Press your palms against your forehead and push your forehead against your palms, holding your palms steady.**
- **Hold for about 5 seconds.**
- **Relax.**
- **Repeat 10 times.**

  ![Forward Resistance](image)

- **Starting in the center, tilt your right ear toward your right shoulder as far as you can.**
- **Slowly bring your head back to the center.**
- **Tilt your left ear toward your left shoulder as far as you can.**
- **Return to the center.**
- **Repeat 10 times.**

  ![Tilt Head from Side to Side](image)

- **Place your hand against the side of your head.**
- **Try to move your ear toward your shoulder, resisting with your hand.**
- **Hold for several seconds.**
- **Relax, then repeat the exercise on the opposite side.**
- **Repeat 10 times.**

  ![Side Resistance](image)

- **Sitting or standing, bring your chin to your chest.**
- **Slowly bring your head back to the forward position.**
- **Next, slowly bend your head backwards as far as you can.**
- **Slowly return to forward position.**
- **Repeat 10 times.**

  ![Tilt Head Forward and Backward](image)

- **Place both hands behind your head.**
- **Try to tilt your head backwards, resisting the movement with your hands. As you do this movement, hold your head straight forward, being careful not to tilt your chin down.**
- **Hold the posture for several seconds, then relax.**
- **Repeat 10 times.**

  ![Backward Resistance](image)

For more information call 1-888-424-2100 or visit www.huntsmancancer.org

Produced by HCI © 2014 • Approved by a team of medical, health, and communications specialists • September 2014 • Revision Date September 2017