Neck Exercises

Good neck alignment involves getting your ears aligned with your shoulder, hips, knees, and ankles while standing. The tendency for many people is to literally stick their neck out. The easiest way to get your neck into good position is to pull your neck backwards. Your chin should drop a little and remain behind your forehead. Your back should not arch or change position to do this. You should bring your belly button towards your spine. Because this is something that you have to reteach your body to do, you'll have to constantly remind yourself throughout the day.

Side bending Exercise

Grab your opposite ear with your hand, going over your head. Side bend your neck. Using your neck muscles push into your fingertips, effectively trying to move your neck back to neutral position. Don't actually move the neck. Hold the contraction for 3 seconds, relax the neck and then using your arm stretch the neck more.   Repeat 3 times each time starting with your neck in a more side bend position.

Flexion Exercise

Interlace your fingers behind your neck. Use your elbows to pull your head forward. Then using your neck muscle push back against your hands. Hold the contraction of 3 seconds, relax the neck, then using the weight of your elbows flex the neck more. Repeat three times.

Chin Tuck Exercise

Standing against the wall with your feet about a foot length from the wall. Try to bring your chin down to your chest without arching your back or bringing your head off the wall. You may notice that this is extremely difficult. Take it slowly. Try to feel like your whole spine gets longer as you are doing this exercise.

Chin Tuck Exercise On a Ball

Face the wall. Lean forward and place your forehead on the surface of a beach ball. Slowly tuck your chin (without sticking it out). The goal is to roll the ball as you chin tuck. As you step further and further away from the way, the exercise gets more difficult leg.

CONTACT HEALTH & WELLNESS IF YOU HAVE
ANY ADDITIONAL QUESTIONS OR CONCERNS.

Health & Wellness

603-862-9355 • unh.edu/health • @UNHHealth