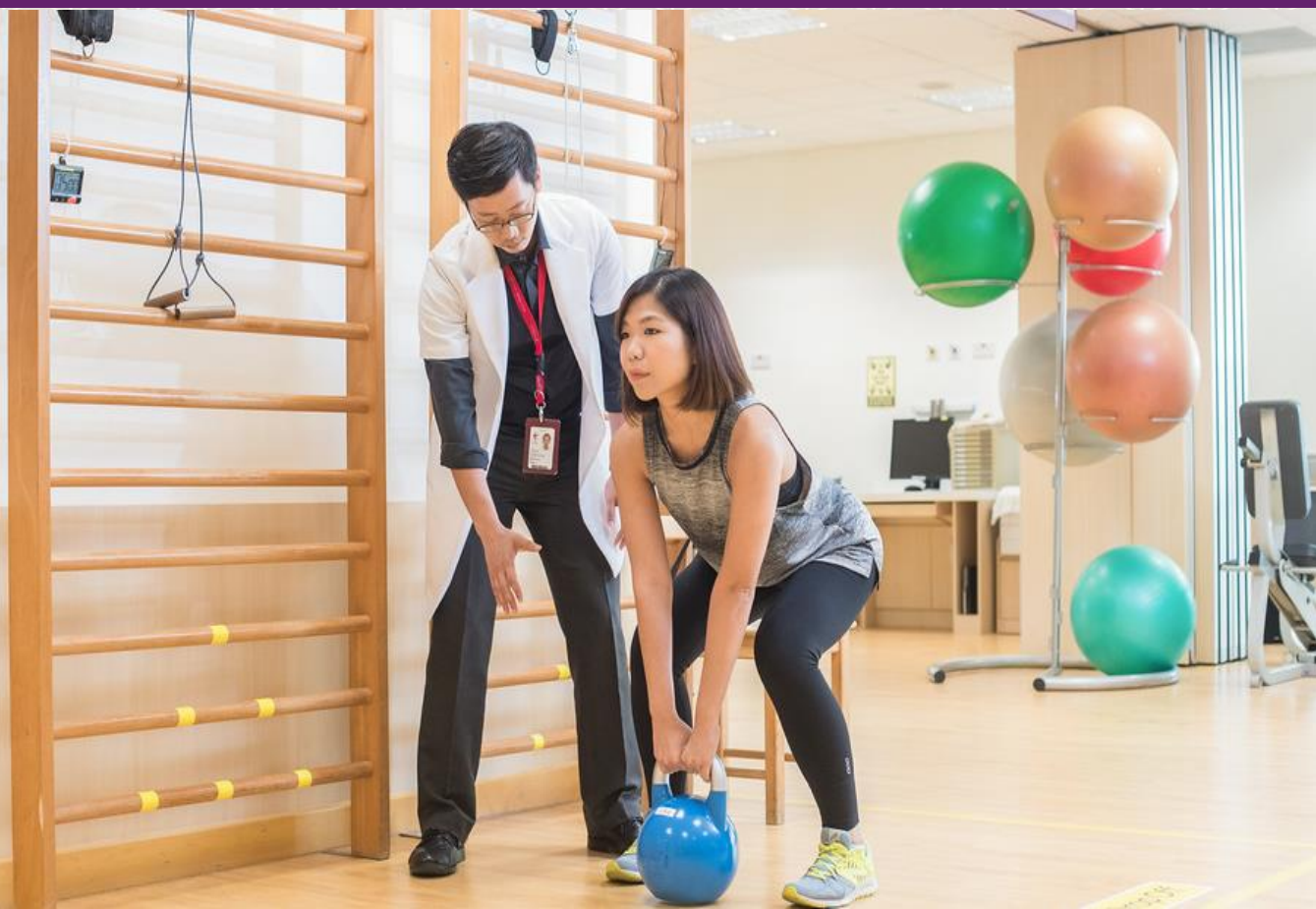


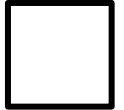
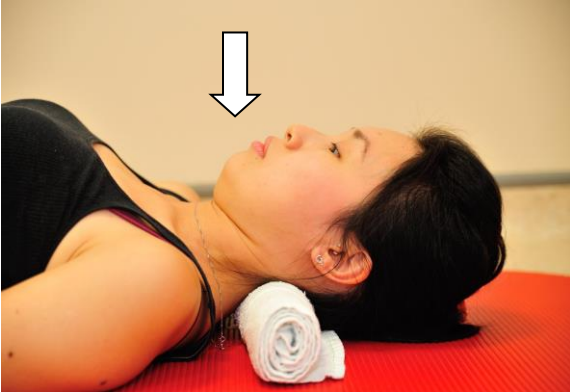
Department of  
**PHYSIOTHERAPY**

# Neck Strengthening Exercises



# Neck Strengthening Exercises

## Deep Neck Flexion in Supine



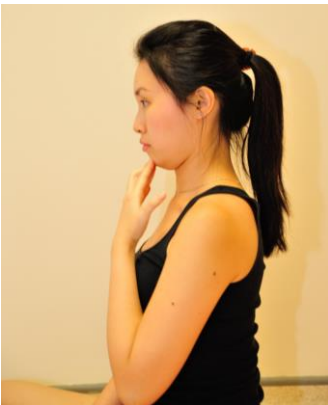
Hold \_\_\_ second(s).

Do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

1. Place a towel behind your neck.
2. Gently nod your head and look down towards your feet.

## Deep Neck Flexion in Sitting (Chin Nodding)



Hold \_\_\_ second(s).

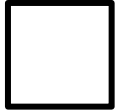
Do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

1. Start by sitting up right.
2. Gently bring your chin in and look down towards your feet while keeping your back straight.

# Neck Strengthening Exercises

## Wall Push-up



Hold \_\_\_ second(s).

Do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

1. Place your hands onto a wall.
2. Push your body away from the wall.

## Scapular Retraction in Standing



Hold \_\_\_ second(s).

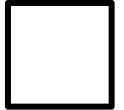
Do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

1. Squeeze your shoulder blades together and open your chest.

# Neck Strengthening Exercises

## 3-Point Kneeling



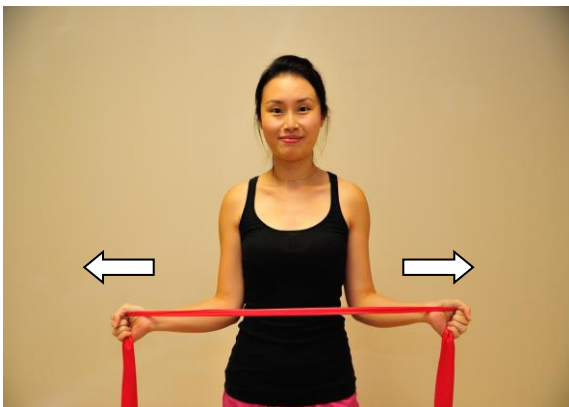
Hold \_\_\_ second(s).

Do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

1. Tuck your chin in. Raise one arm up until it is parallel to the floor.

## Bilateral Shoulder External Rotation (with TheraBand)



Hold \_\_\_ second(s).

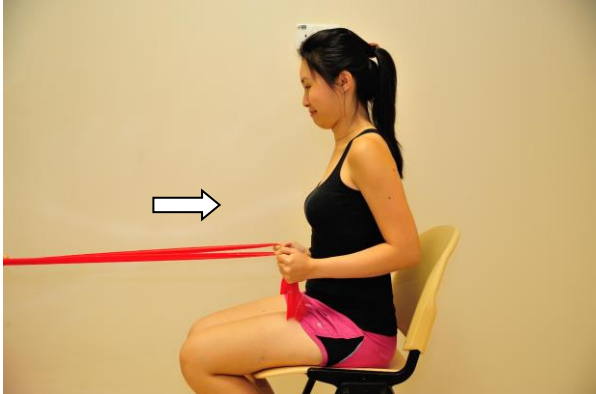
Do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

1. Keep your elbows bent at 90° and close to your body.
2. Pull the TheraBand outwards.

# Neck Strengthening Exercises

## Seated Mid-pull (Rowing)



Hold \_\_\_ second(s).

Do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

1. Keep your elbows bent at 90° and close to your body.
2. Pull the TheraBand backwards and squeeze your shoulder blades together.

## Biceps Curl (with TheraBand)



Hold \_\_\_ second(s).

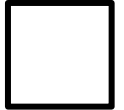
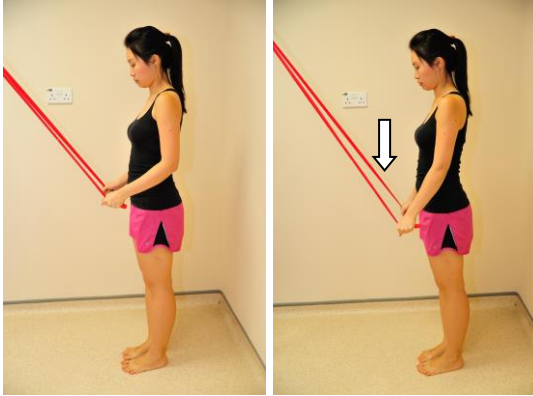
Do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

1. Hold down one end of the TheraBand with your foot.
2. Keep your elbows close to your body. Bend your elbows to slowly pull the other end of the TheraBand upwards.

# Neck Strengthening Exercises

## Triceps Curl (with TheraBand)



Hold \_\_\_ second(s).

Do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

1. Keep your elbows close to your body. Straighten your elbows to slowly pull the TheraBand downwards.

## Shoulder Extension in 0° in Prone



Hold \_\_\_ second(s).

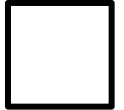
Do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

1. Start by lying face down. Place a towel under your forehead and straighten both arms beside your body with your palms facing upwards.
2. Lift your arms upwards 20 centimetres away from the floor.

# Neck Strengthening Exercises

## Shoulder Extension in 90° in Prone



Hold \_\_\_ second(s).

Do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

1. Start by lying face down. Place a towel under your forehead and keep your elbows bent at 90°.
2. Lift your arms upwards 20 centimetres away from the floor.

## Shoulder Extension in 120° in Prone



Hold \_\_\_ second(s).

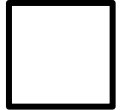
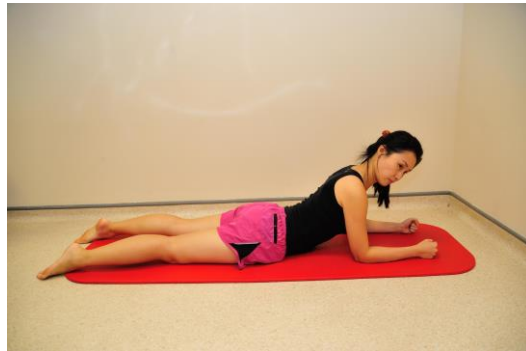
Do \_\_\_ set(s).

Do \_\_\_ session(s) a day.

1. Start by lying face down. Place a towel under your forehead and straighten both arms beside your head.
2. Lift your hands upwards 20 centimetres away from the floor.

# Neck Strengthening Exercises

## Elbow Prop With Neck in Neutral Position



1. Tuck your chin in and prop your chest away from the floor.
2. Slowly rotate your neck left and right.

Hold \_\_\_ second(s).

Do \_\_\_ set(s).

Do \_\_\_ session(s) a day.



Clinic B1C  
TTSH Medical Centre, Level B1  
Contact:  
6357 7000 (Central Hotline)



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any feedback regarding what you have  
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[patienteducation@ttsh.com.sg](mailto:patienteducation@ttsh.com.sg)



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