

02

Hanging Head Exercises

The purpose of these exercises is to increase the functional strength and endurance of the neck muscles while maintaining proper neck posture.

Level 1 – Isometric

EXERCISE 2.1 Isometric Neutral Flexion

Lie face up on your bed or the floor (figure 1).

Slowly tuck your chin down toward your chest (chin tuck position) without lifting your head (figure 2).

While maintaining the chin tuck position, slowly lift your head 1" off of the floor (figure 3). Hold this position for _____ seconds or until you can no longer maintain the chin tuck position. Stop if you experience significant pain.

Repeat _____ times.



Figure 1



Figure 2

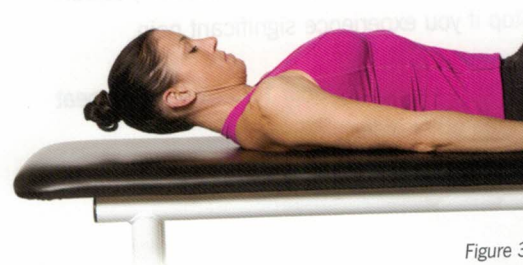


Figure 3

EXERCISE 2.2 Isometric Neutral Extension

Lie face down on your bed or the floor (figure 1).

Slowly tuck your chin down toward your chest (chin tuck position) without lifting your head (figure 2).

While maintaining the chin tuck position, slowly lift your head 1" off of the floor (figure 3). Hold this position for _____ seconds or until you can no longer maintain the chin tuck position. Stop if you experience significant pain.

Repeat _____ times.



Figure 1



Figure 2



Figure 3

EXERCISE 2.3 Isometric Lateral Flexion

Lie on your side on your bed or the floor with a pillow under your head (figure 1).

Slowly tuck your chin down toward your chest (chin tuck position) without lifting your head (figure 2).

While maintaining the chin tuck position, slowly lift your head 1" off of the pillow (figure 3). Hold this position for _____ seconds or until you can no longer maintain the chin tuck position. Stop if you experience significant pain.

Repeat _____ times. Turn over and repeat on the other side.



Figure 1



Figure 2



Figure 3

Level 2 – Isotonic

EXERCISE 2.4 Isotonic Neutral Flexion

Lie face up on your bed or the floor (figure 1).

Slowly tuck your chin down toward your chest (chin tuck position) without lifting your head (figure 2).

While maintaining the chin tuck position, slowly lift your head until your chin touches (or comes close to touching) your chest, making certain you do not poke your chin (figure 3).

Repeat _____ times or until you can no longer maintain the chin tuck position while doing the exercise. Stop if you experience significant pain.

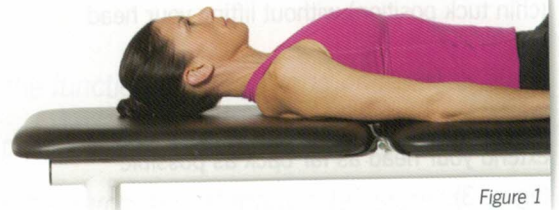


Figure 1

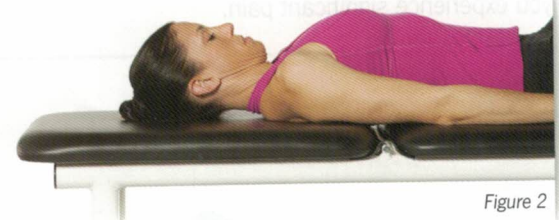


Figure 2



Figure 3

EXERCISE 2.5 Isotonic Neutral Extension

Lie face down on your bed or the floor (figure 1).

Slowly tuck your chin down toward your chest (chin tuck position) without lifting your head (figure 2).

While maintaining the chin tuck position, slowly extend your head as far back as possible (figure 3).

Repeat _____ times or until you can no longer maintain the chin tuck position. Stop if you experience significant pain.



Figure 1

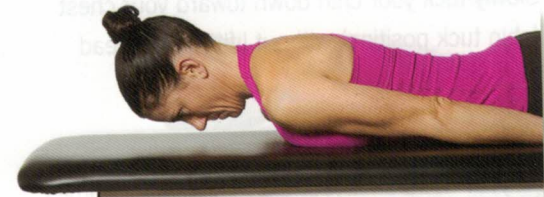


Figure 2



Figure 3

EXERCISE 2.6 Isotonic Lateral Flexion

Lie on your side on your bed or the floor with a pillow under your head (figure 1).

Slowly tuck your chin down toward your chest (chin tuck position) without lifting your head (figure 2).

While maintaining the chin tuck position, slowly raise your head as far as you can, trying to bring your ear to your shoulder (figure 3). Try not to move the shoulder while doing this exercise.

Repeat this _____ times or until you can no longer maintain the chin tuck position. Stop if you experience significant pain. Turn over and repeat on the other side.



Figure 1



Figure 2



Figure 3