

03

Neck Ball Exercises

The purpose of these exercises is to increase the functional strength and endurance of the neck muscles while maintaining proper neck posture. These exercises include the use of an 8" inflated playground gym ball, which can be purchased at many retail stores.

Level 1 – Isometric

EXERCISE 3.1 **Isometric Flexion**

Stand facing the wall with your feet approximately 12" from the wall. While maintaining your spine and neck in a neutral position, simply tuck your chin.

Now rest the ball between the bridge of your nose and the wall (figure 1). Try not to flex your entire neck forward or poke your chin. Your eyes should be level.

Now simply lean into the ball while maintaining the neutral neck position. You can control the amount of resistance by simply leaning in with greater force. Hold this position for _____ seconds, or until excessive pain occurs or you lose the chin tuck position.

Repeat _____ times.



Figure 1

EXERCISE 3.2 Isometric Extension

Stand facing away from the wall with your feet approximately 12" from the wall. While maintaining your spine and neck in a neutral position, simply tuck your chin.

Now rest the ball between the back of your head and the wall (figure 1). Try not to flex your entire neck forward or poke your chin. Your eyes should be level.

Now simply lean into the ball while maintaining the neutral neck and spine position. You can control the amount of resistance by simply leaning in with greater force.

Hold this position for _____ seconds, or until excessive pain occurs or you lose the chin tuck position.

Repeat _____ times.

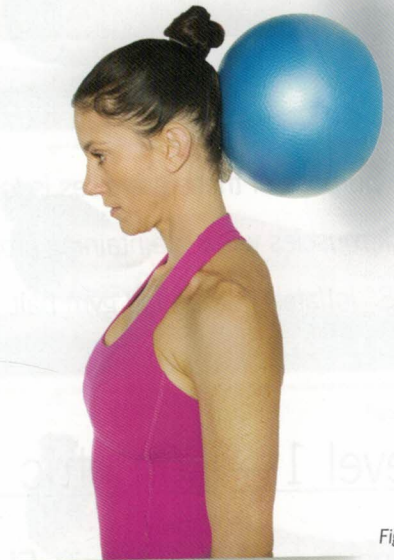


Figure 1

EXERCISE 3.3 Isometric Lateral Flexion

Stand with your left side against the wall. While maintaining your spine and neck in a neutral position, simply tuck your chin down toward your chest.

Now rest the ball between the side of your head and the wall (figure 1). Try not to flex your neck forward or poke your chin. Your eyes should be level.

Now simply lean into the ball with your neck while maintaining the neutral neck position. You can control the amount of resistance by simply leaning in with greater force.

Hold this position for _____ seconds, or until excessive pain occurs or you lose the chin tuck position.

Repeat _____ times. Turn around and repeat the exercise on the right side.

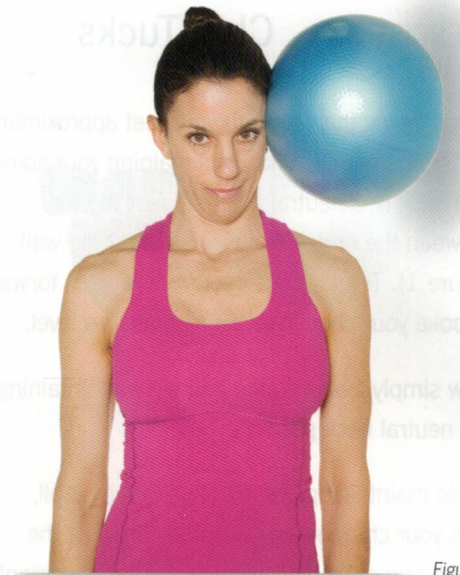


Figure 1

Level 2 – Isotonic

EXERCISE 3.4 Chin Tucks

Stand facing the wall with your feet approximately 12" from the wall. While maintaining your spine and neck in a neutral position, rest the ball between the bridge of your nose and the wall (figure 1). Try not to flex your entire neck forward or poke your chin. Your eyes should be level.

Now simply lean into the ball while maintaining the neutral neck position.

While maintaining pressure against the ball, tuck your chin toward your chest against the resistance of the ball (figure 2). The movement should not involve movement of the lower neck and should only include tucking the head on the upper portion of your neck.

Return your head to the neutral position and repeat this chin tuck _____ times, or until excessive pain or fatigue occurs. You should feel this in the upper portion of the front neck.

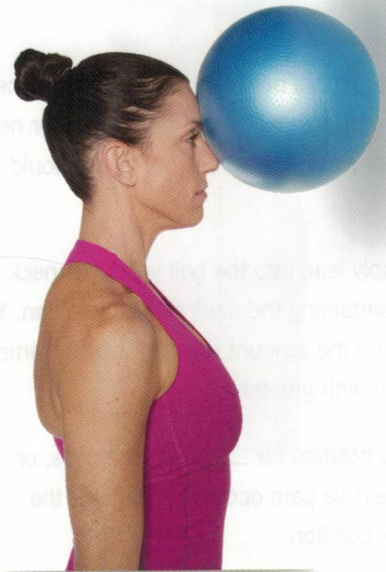


Figure 1

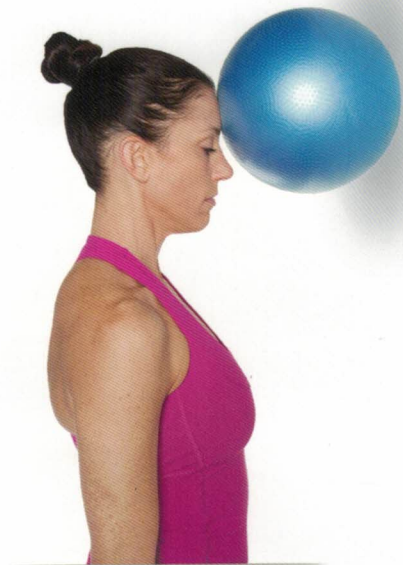


Figure 2

EXERCISE 3.5 Isotonic Flexion

Stand facing the wall with your feet approximately 12" from the wall. While maintaining your spine and neck in a neutral position, rest the ball between the bridge of your nose and the wall (figure 1). Try not to poke your chin. Your eyes should be level.

Now simply lean into the ball while maintaining the neutral neck position.

While maintaining pressure against the ball, tuck your chin and try to flex your head all the way to your chest (figure 2). The movement should always start with the chin tuck and then include flexion of the entire spine.

Return your head to the neutral position and repeat _____ times, or until excessive pain or fatigue occurs. Unlike the chin tuck exercise, you should feel this in the front and sides of your neck.

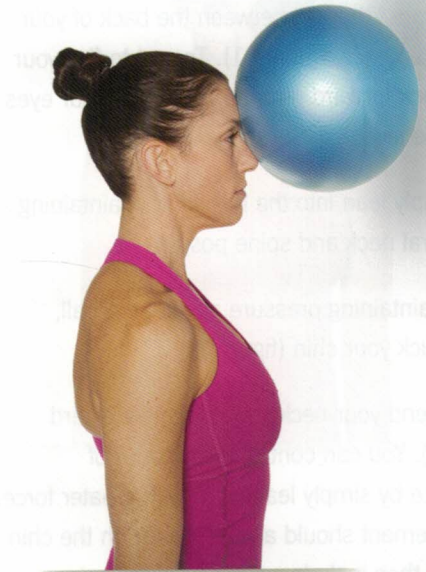


Figure 1

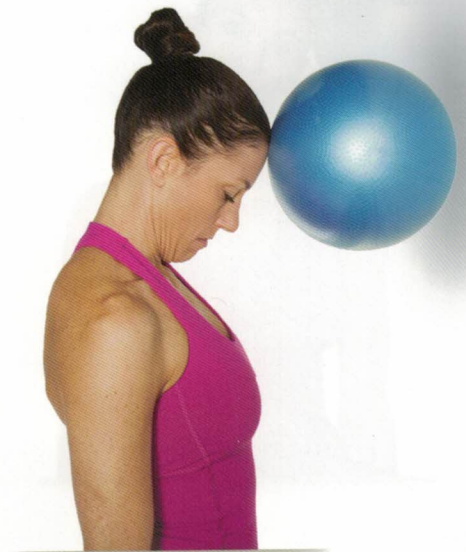


Figure 2

EXERCISE 3.6 Isotonic Extension

Stand facing away from the wall with your feet approximately 12" from the wall. While maintaining your spine and neck in a neutral position, rest the ball between the back of your head and the wall (figure 1). Try not to flex your entire neck forward or poke your chin. Your eyes should be level.

Now simply lean into the ball while maintaining the neutral neck and spine position.

While maintaining pressure against the ball, simply tuck your chin (figure 2).

Then extend your neck completely backward (figure 3). You can control the amount of resistance by simply leaning in with greater force. The movement should always start with the chin tuck and then include extension of the spine.

Return to the neutral position and repeat _____ times, or until excessive pain or fatigue occurs.

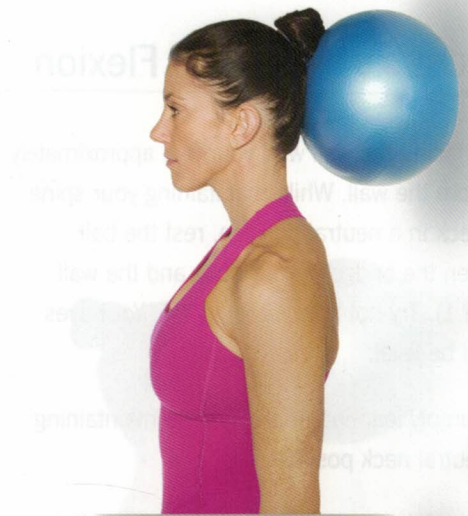


Figure 1

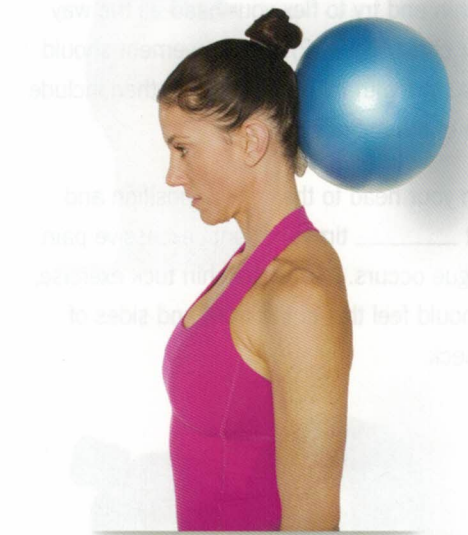


Figure 2

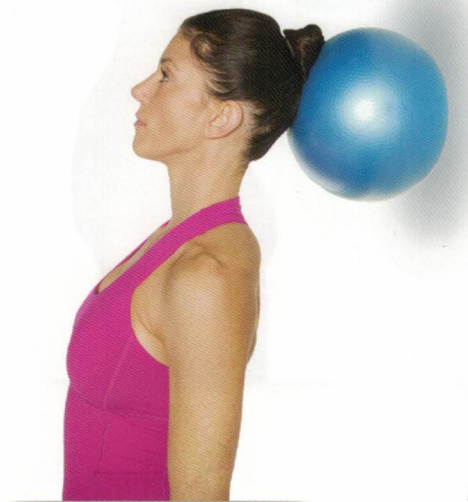


Figure 3

EXERCISE 3.7 Isotonic Lateral Flexion

Stand with your left side against the wall. While maintaining your spine and neck in a neutral position, simply tuck your chin down toward your chest. Now rest the ball between the side of your head and the wall (figure 1). Try not to flex your neck forward or poke your chin. Your eyes should be level.

Now simply lean into the ball with your neck while maintaining the neutral neck position.

While maintaining pressure against the ball, try to bend your neck to the side in an attempt to bring your right ear to your right shoulder (figure 2). Try not to move your shoulder. You can control the amount of resistance by simply leaning in with greater force.

Return to the neutral position and repeat _____ times, or until excessive pain or fatigue occurs.

Turn around and repeat the exercise on the right side.

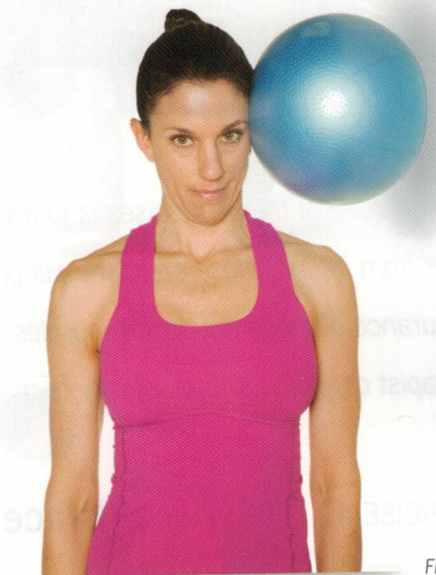


Figure 1

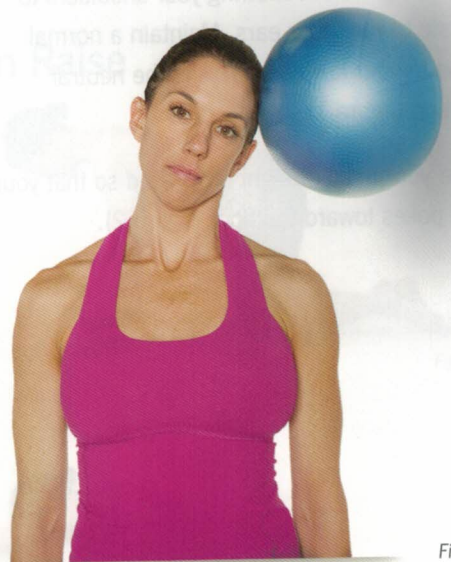


Figure 2