

Ergonomics – *Stretching and Strength For The Neck*

The following stretch exercises can be done in a sitting or standing position. Keep your posture in a straight line and your eyes straight ahead.

Stretching for the Neck

Vertical Neck Tilt:

Slowly tilt your head back until you can look up at the ceiling. Hold the stretch for a count of three. Slowly tilt your head back to the starting position. Then, lower your head until you can look at the floor. Hold the stretch for a count of three. Return to starting position. Repeat 5 to 10 times.

Horizontal Neck Tilt:

Slowly tilt your head to the side. Stop when you feel a strain. (Be careful not to go so far that your ear touches your shoulder.) Hold the stretch for a count of three. Slowly tilt your head back to the starting position. Then tilt your head to the other side and hold the stretch for a count of three. Return to the starting position. Repeat 5 to 10 times.

Head Rotation to the Side:

Slowly turn your head to one side. Hold the stretch for a count of three. Slowly return to the starting position. Then, turn your head to the other side. Hold the stretch for a count of three. Return to the starting position. Repeat 5 to 10 times.

Chin Circles

Reach your chin forward. With your chin, draw a circle down and around, ending with your chin tucked back toward your throat. Repeat 5 times. Reverse the direction of the circle and repeat 5 times.

Head Lift

Lie down, bend your knees, lift your head and lace your fingers behind your head. Use your arms to pull your head forward slowly. You should feel the stretch in the back of your neck. Hold the stretch for a count of five. Slowly return to the starting position. Repeat 5 times.

Strengthening for the Neck

Isometric Resistance:

Hold both of your hands against your forehead. Move your head forward while resisting the movement with your hands. Hold this position to a count of eight. Relax. Repeat 10 times.

Isometric Side to Side Resistance:

Hold your left hand against the left side of your head. Moving your head sideways, tilt toward the left while resisting the movement with your hand. Hold that posture for a count of two. Relax and return your head to a center position. Repeat this exercise using your right hand and moving your head sideways to the right. Repeat 10 times.

Isometric Backward Resistance:

Place both hands behind your head. Move your head back but resist the movement with your hands. Don't tip your chin. Hold this position to a count of five. Relax. Repeat 10 times.