

Neck Strengthening Exercises



- To strengthen the muscles on the front of your neck, sit in a chair and place the heel of your hands on your forehead
- Pushing with your hands, move your head forward and slightly downward pushing against the resistance
- To strengthen the muscles in the back of your neck, place your hands on the back of your head and push against the resistance
- Similarly, to strengthen muscles on the sides of your neck, place your hands on the side of your head just above the ear
- Providing resistance, move your head side to side or rotate your head from side to side as well
- Only work within a range of motion that has no pain. There should be resistance and your muscles should feel tired, but no pain. If your neck hurts, use less resistance and speak with your health care provider for assistance
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
