



Basic Acute (Newly Injured or Irritated) Neck Exercises: Remember that nothing should hurt!

1. Fist traction--knuckles under your chin. pinkie pointed away from body. Chin tucked back/in. hold 30 seconds. (from Kabat protocol)
2. Cervical isometrics--position head in neutral; sitting or lying. Gently push against your hand without moving. Hold for 6 count. All directions. (forward, backward, side, rotation). Don't let your chin poke out (barely touch with the index finger of your other hand to monitor)
3. Pillow case Collar: Fold a pillowcase in thirds length-wise to match the height of your neck. Gently wrap the case around your neck, overlapping the ends and use a safety pin to secure. (not too tight). This should feel supportive and secure and fills in the space between your neck and your ear. Especially wear this for bed. Can also be worn when neck is tired, sore, and feeling weak. (From Brian Mulligan PT)