

UPPER BACK & NECK

*Range of Motion With Ball
In-Office Therapeutic Exercises*

The purpose of exercising with an exercise ball is to strengthen the neck muscles. When the ligaments of your neck have been damaged, the muscles must work harder to guide and direct your movements and also to re-establish stability. By exercising on a regular basis you will increase the strength, coordination and function of your neck as well as hold your adjustments for longer periods of time. It's up to you!

Exercise #1:

This exercise works the muscles in the front area of your neck.

Stand about one foot away from the wall you are facing, holding the ball at the center of your forehead, and gently pushing forward. This is called the neutral position. 1) Roll your forehead down towards your chest, (the ball will roll up your forehead). Don't let the ball roll off! 2) Now raise your head up so that the ball is rolling down your forehead towards your nose. When you are at eye level bring your head down and over as if you wanted to look towards your right shoulder. Follow that line back to the neutral position. 3) Now look down to the left shoulder. These three steps make one set. Do ten sets.

Exercise #2:

This exercise works the muscles on the sides of your neck.

Turn your body so that your shoulder is against the wall and you are standing up straight. Place the closest foot along the wall but on the floor. Place the ball just above your ear, while pressing lightly, this is the neutral position. You may want to use your hand to steady the ball. 1) Roll you head as if touching your ear to your shoulder, then return up to the neutral position, 2) then roll your head up and away from your shoulder. Take care to remain standing up straight, don't let your hips and shoulders sway in and out from the wall; just your neck is doing the work. Repeat this ten times, and then turn to do the other side.

Exercise #3:

This is the most important neck exercise you will perform.

This exercise works the back area neck muscles.

Turn your back to the wall with your feet shoulder width apart and about 6 inches from the wall. Place the ball just above the base of your skull (against the little bump on the back of your head). At this point you are going to draw a "W" with your head-doing the center of the "W" first. Press back gently against the ball, 1) Look straight up at the ceiling bringing your head up as far as you can go. 2) Next roll your head down so your chin is nearly to your chest. 3) Now bring your head up again while looking to the right at a 45-degree angle (think of bringing your right ear towards your right shoulder while bringing your head back). 4) Bring your head back down to neutral position (chin to chest) then 5) Roll up 45 degrees to the left and 6) return to the neutral position. This is one repetition. Do this ten times.

These exercises, when done regularly, will develop the range of motion of your neck. A few simple rules are this; use proper technique, don't lean with your body, just roll with your head. Stop if there is any discomfort. Remember, you are in control of the amount of force and stress placed on your neck throughout the entire range of motion.

Note: These directions are intended for use after hands-on instruction has been given.