

# Isometric Neck Strengthening

## ISOMETRIC NECK FLEXION

While sitting straight and tall and looking forward, place your palm against your forehead. Gently press your forehead into your palm. Hold for 5 seconds and release. Do 3 sets of 5.



Isometric neck flexion



Isometric neck extension

## ISOMETRIC NECK EXTENSION

While seated straight and tall, clasp your hands together behind your head. Push your head into your palms. Hold for 5 seconds and release. Do 3 sets of 5.

## ISOMETRIC NECK SIDE BEND

Sit straight and tall with your palm at the side of your temple. Gently press your temple into your palm. Hold for 5 seconds and release. Do 3 sets of 5 on the right and then again on the left.



Isometric neck side bend

### **Expanding Hours!**

Beginning April 03, 2021, we will be **Open every other Saturday** from 9:00am-Noon.

**Open June 12 & 26, and July 10 & 24**

In keeping with our COVID-19 safety practices, we will be seeing patients by appointment only, as we do during the week.

Please call for appointment availability and follow us on Facebook for the latest hours and updates!

We look forward to serving you and your families during our expanded hours.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

**We are currently back to seeing routine and maintenance patients.**

**Please feel free to call 770.565.8151 if you have any questions about this exercise or our schedule.**