

Neck Strengthening Program Prescription Guidelines

Perform the Neck Strengthening Program 2-3 times per week.

If any of the exercises causes **ANY** type of pain or discomfort, discontinue and inform your Certified Athletic Trainer or Physician.

Perform all exercises through the full range of motion in a slow, controlled manner.

Perform all **Range Of Motion Exercises** for Sets/Reps: 1/10

Perform all **Concetric Strengthening Exercises** for Sets/Reps/Resistance Time: 1/10/10 seconds

Perform all **Weighted Ball Exercise** for Sets/Reps: 2-3/10 each side

Neck Range of Motion Flexion and Extension



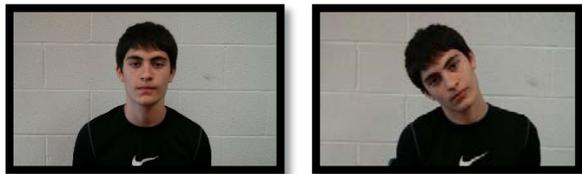
Look up and extend neck so tip of nose is pointed at ceiling.

Flex neck so chin touches middle of sternum.

Repeat in alternating fashion for specified reps.

Perform through the full range of motion in a slow, controlled manner.

Neck Range of Motion Lateral Flexion



Flex neck to side and bring ear as close as possible to shoulder.

Return to center; perform rep on opposite side.

Repeat in alternating fashion for specified reps.

Neck Range of Motion Lateral Rotation



Gently turn neck so chin is over shoulder.

Keep neck and shoulders upright throughout movement.

Return to center; perform rep on opposite side.

Neck Strengthening Flexion Concentrics



Sit in chair with the palm of your hand on your forehead.

While providing reasonable resistance, flex your neck until your chin touches your sternum.

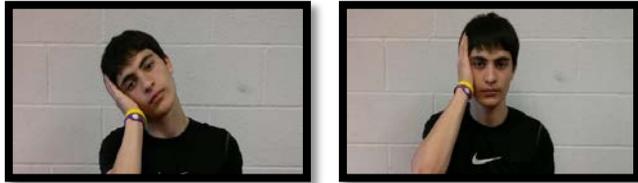
Neck Strengthening Extension Concentrics



Sit in chair with the palm of your hand on the back of your head.

While providing reasonable resistance, extend your neck until your nose is pointing towards ceiling.

Neck Strengthening Lateral Flexion Concentrics



Sit in chair with the palm of your right hand on your head above your right ear.

While providing reasonable resistance, flex your neck until your ear is touches your right shoulder.

Repeat to the left side.

Neck Strengthening Lateral Rotation Concentrics

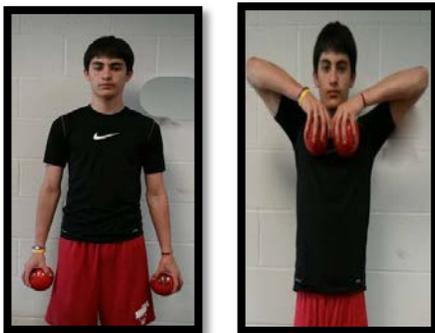


Sit in chair with the palm of your right hand on the right jaw.

While providing reasonable resistance, rotate your neck until your chin touches your right shoulder.

Repeat to the left side.

Weighted Ball Exercise Upright Row

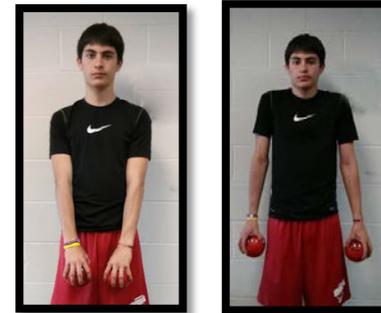


Standing with good posture and shoulders back. While holding dumbbells with your arms in front of you.

Lift the weights by pulling your elbows up and out at shoulder height.

Hold and then slowly return to start position.

Weighted Ball Shoulder Shrugs



Hold dumbbells at your side with palms facing in.

Keeping arms straight, shrug shoulders toward ear.

Hold then slowly return to start position.

Weighted Ball Bent Over Row



While standing, bend over and support yourself with your left arm.

With your right arm starting at your side, draw up your arm as you bend your elbow.

Concentrate on squeezing shoulder blades together.

Hold then slowly return to start position.