

# CHIROPRACTIC CLINIC

## NECK AND SHOULDER EXERCISES FOR STRENGTH/STABILITY



**NECK FLEXION/EXTENSION**  
\*Do together—10 reps of flexion then 10 reps of extension



### NECK FLEXION

- 1) Put your hands on your forehead
- a) Apply gentle resistance to your forehead as you move your chin toward your chest
- b) Keep your hands on your forehead
- c) Apply gentle resistance as you move your chin back up to the start position
- d) Perform 10 reps

### NECK EXTENSION

- 2) Place your hands on the back of your head
  - 2a) Apply gentle resistance as you move your chin toward the ceiling
  - 2b) Keep your hands on the back of your head
  - 2c) Apply gentle resistance to the back of your head as you bring your head to the upright position
  - 2d) Perform 10 reps
- \*Make sure your hands are on your head and not on your neck

### CHIN TUCKS

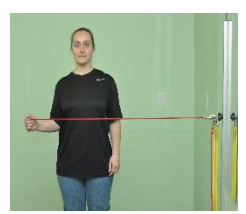
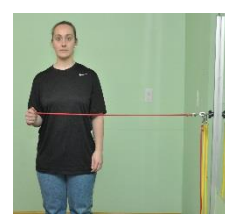
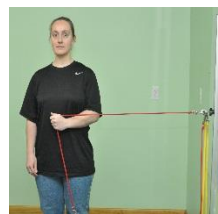
- 1) Lie flat on back on bed/floor
- 2) Tuck chin straight back
- 3) Lift head off bed/floor while holding chin tuck
- 4) Hold position for 3 secs (please remember to breath)
- 5) Perform one set of 3 morning and evening

\*VERY IMPORTANT—head is only lifted a very small amount, just enough to feel the weight of the head leave the surface

\*Work should be felt in the throat, not in the chest

\*\*\* Place Tubing/Band at bellybutton height or slightly higher to help keep proper form

\*\*\* Tension on Tube/Band will vary—hold enough tension to get good resistance, but not too much to lose form



### RHOMBOID ROWS

- 1) Facing tube grasp a tube end in each hand
- 2) Keep elbows bent so forearms are parallel with the floor
- 3) Thumbs up—shoulders down!
- 4) Row back to pinch shoulder blades together
- 5) Relax back to start position
- 6) Repeat at a steady pace

\*Do NOT shrug shoulders

\* Work should be felt at bottom of shoulder blades, not in neck or upper shoulders

### CLOSE DOOR

- 1) Stand sideways to tube with Left arm parallel to wall, tube in Left hand
- 2) Shoulder to elbow (hinge) stays snug to side (doorframe)
- 3) Elbow to hand (door) is parallel to floor (wrist stays straight as part of door)
- 4) Thumbs up—shoulders down!
- 5) To close door pull tube to bellybutton
- 6) Relax to start position
- 7) Repeat at steady pace
- 8) To repeat on Right arm—face opposite direction with tube in Right hand

\*Work should be felt in front of shoulder

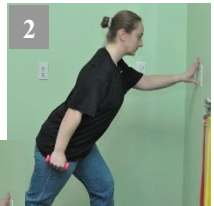
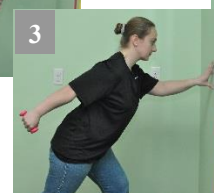
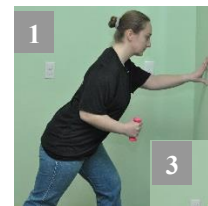
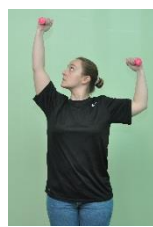
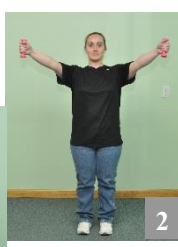
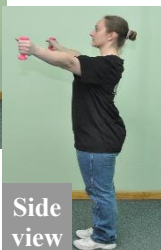
\*Make sure thumb stays up, level and wrist stays straight (balance the golf ball)

### OPEN DOOR

- 1) Stand sideways to tube with Left arm parallel to wall, tube in Right hand
- 2) Shoulder to elbow (hinge) stays snug to side (doorframe)
- 3) Elbow to hand (door) is parallel to floor (wrist stays straight as part of door)
- 4) Thumbs up—shoulders down!
- 5) To open door pull tube away from body
- 6) Relax to start position
- 7) To repeat on Left arm—face opposite direction with tube in Left hand

\*Work should be felt in back of shoulder

\* Make sure thumb stays up, level and wrist stays straight (balance the golf ball)



### WATER GLASSES

- 1) Hold arms straight out at 45 degree angles
- 2) Thumbs up—shoulders down!
- 3) Pretend you're holding a water glass in each hand
- 4) Keep arms straight—don't bend elbows
- 5) Raise "glasses" as high as the top of your head
- 6) Lower to start position
- 7) Repeat at steady pace

\*Do NOT shrug shoulders

\*If needed watch yourself in a mirror to maintain proper form

### RAISE THE ROOF

- 1) Place arms in a "muscle pose" - Elbows should be straight in line with shoulders—Palms facing inward
- 2) Alternate arms—Push the "roof" straight up
- 3) Turn head to watch each hand push up
- 4) Lower to start position—watching hand lower
- 5) Repeat at steady pace

\*Do NOT shrug shoulders

\*Maintain a straight up position—don't push your hands forward

### TOMOHAWK

- 1) Lean forward against a wall, counter top, banister, etc
- 2) Stagger your step—the leg back is the same side as arm you're working (Ex. Left leg/left arm)
- 3) Keep back and leg straight—don't hunch
- 4) Start with elbow bent, thumb up
- 5) Straighten elbow—hand toward hip
- 6) Extend whole arm back
- 7) Bring arm/hand back to hip
- 8) Bend elbow
- 9) Repeat at steady pace

\*Don't just swing arm like a pendulum—take a short pause at the hip each time