

Upper Back and Neck

Isometric Therapeutic Exercises

Flexion: Place your palm on your forehead. Press your head into your palm and resist the movement with your palm. Hold for 5 seconds, and then relax. Repeat with the left side. Stop movement if you feel any pain.



Extension: Place your palm on the back of your head. Press your head into your palm and resist the movement with your palm. Hold for 5 seconds, and then relax. Repeat with the left side. Stop movement if you feel any pain.



Lateral Flexion: Place your right palm on the right side of your head. Press your head into your palm and resist the movement with your palm. Hold for 5 seconds, and then relax. Repeat with the left side. Stop movement if you feel any pain.

