

Upper Back and Neck

Range of Motion Therapeutic Exercises

Flexion/Extension: Sit in a chair, keeping your neck, shoulders, and trunk straight. Tuck in your chin and lower your head slowly, keeping your mouth closed. Return to starting position and relax. Bring your head back as far as possible, looking up at the ceiling. Stop movement



Lateral Flexion: Sit in a chair, keeping your neck, shoulders, and trunk straight. Tilt your head, slowly lowering your ear to your right shoulder. Return to starting position and relax. Repeat the movement to your left shoulder. Keep your nose pointing forward and do not raise your shoulders toward your head. Stop movement if you feel any pain.



Rotation: Sit in a chair, keeping your neck, shoulders, and trunk straight. Turn your head slowly bringing your chin toward your right shoulder. Return to starting position and relax. Repeat the movement to your left shoulder. Keep your eyes level with the floor. Stop movement if you feel any pain.

