

Exercise Prescription: Neck Disassociation

Purpose of Exercise:

This is a self-treatment for a limitation in neck rotation.

Frequency:

2-3 times per day

Starting Position:

Lying on your back with your arms at your sides as shown.

Exercise Description:

From the starting position, actively reach your hands down towards your feet and press down into the table/floor. Maintaining the pressure through the arms, lightly rotate your head towards the restricted side.

Rotate as far as you can without your shoulders lifting up. Then rotate to the opposite side. Repeat 10-12 times to each side and try to progressively increase the rotation movement to your maximal range without your shoulders shifting.

Remember that some minor new pains are normal and expected. If you experience pain that becomes worse with each repetition (intensifies or spreads from your neck to shoulder or farther down your arm), discontinue the exercise.

Pictures:

