

## Exercise Prescription: Banded Neck Mobility

### Purpose of Exercise:

This is a drill to improve stability and mobility of the neck and upper back and can help with neck pain and headaches.

### Starting Position:

Seated with one arm up, the other arm down with a band in front of the body with a moderate amount of stretch as shown.

### Exercise Description:

Perform a chin tuck and then bend the neck to the side as far as you can, then return to the starting position. Repeat 10-12 times.

Now rotate the head as far as you can towards the 'up' arm, looking the same direction with the eyes, then return to the starting position. Repeat 10-12 times.

Switch arm position and then repeat the exercise.

### Pictures:

