

Dr. K.K.KANT (P.T)

M.P.T (ORTHO) (JAMIA HAMDARD)
C.M.T (Spine & Joint), P.G.C.D.E (WDF), N.D.D.Y, ACCU.
CONSULTANT MANIPULATIVE PHYSIOTHERAPIST

WORK EXPERIENCE:

MAX, TLM, H.A.H.C. Hospital, Akshay Pratishtan



H-973, Ramphal Chowk, (oop. Radha Ki Rasoi)
Sector - 7, Dwarka New Delhi-110075

CONTACT No. : +91-8800126394 / 9968221949
E-mail : info@kalphealthcare.com
www.kalphealthcare.com

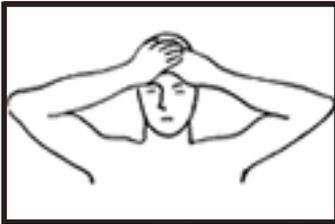
KALP HEALTH CARE

PHYSIOTHERAPY & REHABILITATION CLINIC

(Register Under Delhi Council For Physiotherapy)

NECK EXERCISES

1. ISOMETRIC EXERCISES



A. FLEXION RESIST

Put your hand to your forehead, Try to move your head to front at the same time move your head to back with your hands.

Count till 10 then release your head. Do it at least 3 times

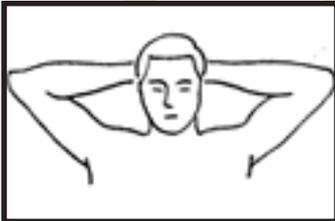


B. EXTENSION RESIST

Put your hand to back of your head(not nape), try to move your head to back at the same time resist with your hand.

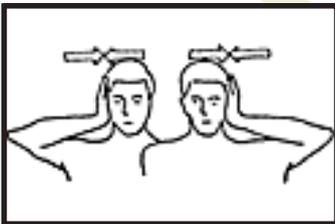
Count till 10 then release.

Do it at least 3 times.



C. BENDING SIDES RESIST

Do the same thing for left and right as shown on picture

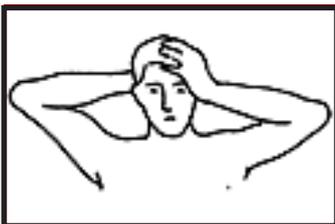


D. TURNING RESIST

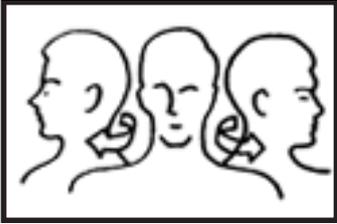
Put your Right hand back of your head, put your left hand left side of forehead. Like looking over your right shoulder try to turn your head to the right inspite of your hand resist.

Count till 10 then change your hands

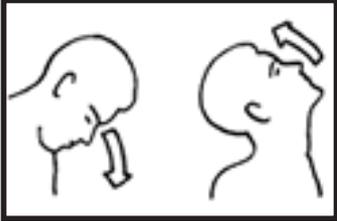
and do the same thing in opposite direction.



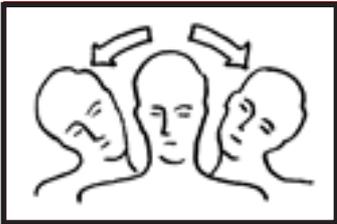
2. ISOTONIC EXERCISES



A.
Turn your head to the right slowly, wait 3 seconds.
Then do the same thing by turning your head left side.
Do it at least 5 times then rest.



B.
Bend your head slowly to your front till your chin touch to your chest.
Rest. Raise your head slowly. rest. do it at least five times.



C.
Bend your head to your right and left till your ears touches to your shoulders.
Do it slowly and rest. do it at least 5 times.



D.
Turn your head slowly to clock direction with making wide circle.
Make same thing opposite direction. repeat at least 3 times.

3. THORACIC MOBILITY EXERCISE (WYTL)



Check Points:
Head position.

Shoulders/scapular settings.
Shoulders relaxed-not hunched.
Ribs.
Neutral spine/ pelvis. Breathing.
Lower back in neutral, gluts relaxed.

