

Neck Exercises – Beginner Home Program

5 gentle exercises · just a chair

Patient name: _____ Date: _____

Therapist: **Dr. Jack Engelberg, PT, DPT**

Do: 1-2 sets of 10 reps, 2-3 time(s) per day (day / week) **Hold:** 3-5 sec

How: Move slowly and with control, only in a comfortable range. Breathe normally, don't hold your breath. Mild stretch or muscle tiredness is OK; pain is not.



1 Chin Tucks · Head glides straight back

☐ Assigned

1. Sit tall, shoulders relaxed, eyes looking straight ahead.
2. Gently glide your head **straight back**, making a "double chin."
3. Hold 3–5 sec, then relax.

Key cue: Keep your head level. Don't tip your chin down or up.



2 Neck Rotation · Turn side to side

☐ Assigned

1. Sit tall and look straight ahead.
2. Slowly turn your head to look **over one shoulder**, as far as comfortable.
3. Hold 3–5 sec, back to center, then turn to the other side.

Key cue: Keep your chin level and your shoulders still.



3 Neck Side Bend · Ear toward shoulder

☐ Assigned

1. Sit tall and look straight ahead.
2. Slowly tilt your **ear toward your shoulder**, as far as comfortable.
3. Hold 3–5 sec, back to center, then tilt to the other side.

Key cue: Don't lift your shoulder up to your ear. Keep looking forward.



4 Shoulder Blade Squeeze · Posture muscles

☐ Assigned

1. Sit tall, arms relaxed, elbows bent.
2. Squeeze your shoulder blades **together and down**.
3. Hold 3–5 sec, then relax.

Key cue: Don't shrug. Keep your chin slightly tucked.



5 Shoulder Rolls · Loosen up

☐ Assigned

1. Sit tall, arms relaxed at your sides.
2. Lift your shoulders up, then roll them **back and down** in a slow circle.
3. Repeat slowly. No hold needed.

Key cue: Big, slow, smooth circles. Keep your neck relaxed.



Safety: Stop and call your therapist if you feel dizziness, numbness or tingling in your arms, a severe headache, or sharp pain. Never bounce or force a stretch.

Notes from your therapist:

