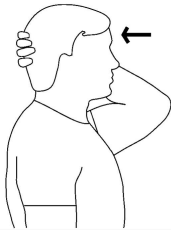


**Isometric neck back push**

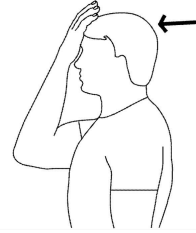


- Place palm against back of head.
- Push back of head into palm, not allowing neck to bend.

**Perform 1 set of 8 Repetitions, once a day.**

Hold exercise for 5 Seconds.

**Isometric forward neck push**



- Place palm against forehead.
- Push forehead into palm, not allowing neck to bend.

**Perform 1 set of 8 Repetitions, once a day.**

Hold exercise for 5 Seconds.

**Isometric neck twist push**

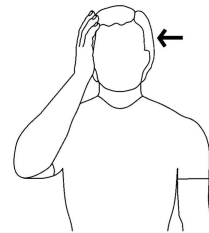


- Place palm against side of face as shown.
- Push face into palm, trying to rotate toward palm, not allowing neck to turn.
- Repeat with other side.

**Perform 1 set of 8 Repetitions, once a day.**

Hold exercise for 5 Seconds.

**Isometric side neck push**

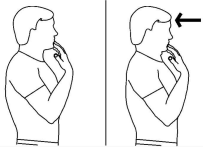


- Place palm against same side of head.
- Push head into palm, not allowing neck to bend.
- Repeat with other side.

**Perform 1 set of 8 Repetitions, once a day.**

Hold exercise for 10 Seconds.

**Chin tuck**



- Sit or stand, looking forward, with good posture.
- Tuck chin in.
- Return to start position.

**Special Instructions:**

To progress, place finger on chin, apply backwards pressure.

**Perform 3 sets of 10 Repetitions, once a day.**

Hold exercise for 2 Seconds.

Rest 1 Minute between sets.

**Sitting chin tuck extend stretch**



- Sit in chair with good back support.
- Maintain proper posture.
- Tuck chin in.
- Bend neck back, keeping the chin tuck.
- Return to start position and repeat.

**Perform 2 sets of 10 Repetitions, once a day.**

Rest 30 Seconds between sets.

Exercises are typically listed in order from least difficult to most difficult. Start with the first 2-4 exercises. If they are not challenging, skip further down the document and perform more challenging exercises. Exercises and stretches can be uncomfortable, but should not be painful. Spend no more than 10 minutes a day on these exercises, but try to do them daily.

**Issued By:** Dr. Merritt

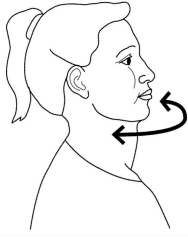
These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

**Dr. Levi G. Merritt**

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**Chin tuck neck rotation**



- Tuck chin inward.
- Bend neck back maintaining chin tuck.
- Slightly rotate head from side to side.

**Perform 3 sets of 10 Repetitions, once a day.**

Rest 30 Seconds between sets.

Perform 1 repetition every 4 Seconds.

**Side arm rows**



- Attach elastic to secure object.
- Grasp elastic in hands.
- Sit in chair with back unsupported, maintaining proper posture.
- Keep elbows near sides, elbows bent.
- Squeeze shoulder blades together, pulling arms back.
- Slowly return to start and repeat.

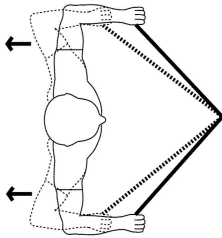
**Perform 3 sets of 10 Repetitions, once a day.**

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**'W's'**



- Position arms out from sides, elbows bent to 90 degrees, as shown.
- Grasp elastic in hands.
- Pull back, bringing shoulder blades together.
- Return to starting position.

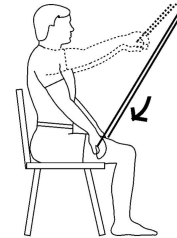
**Perform 3 sets of 10 Repetitions, once a day.**

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Pull downs**



- Attach elastic to secure object.
- Sit with trunk supported facing elastic as shown.
- Grasp elastic with both hands, keeping elbows straight.
- Pull arms down and then return to start position.

**Special Instructions:**

**Perform 3 sets of 10 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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