

## UPPER BACK & NECK

*Isometric Therapeutic Exercises*

Name \_\_\_\_\_ Date \_\_\_\_\_

**Flexion:** Place your palm on your forehead. Press your head into your palm and resist the movement with your palm. Hold for 5 seconds, then relax. Repeat with the left side. Stop movement if you feel any pain.



**Extension:** Place your palm on the back of your head. Press your head into your palm and resist the movement with your palm. Hold for 5 seconds, then relax. Repeat with the left side. Stop movement if you feel any pain.



**Lateral Flexion:** Place your right palm on the right side of your head. Press your head into your palm and resist the movement with your palm. Hold for 5 seconds, then relax. Repeat with the left side. Stop movement if you feel any pain.

