



PROSPERITY chiropractic

ALIGN YOUR FUTURE

The “PRO-LORDOTIC” Neck Exercise Routine

Exercise #1

First, take the neck exerciser and place the middle part on the lower part of your neck. Then, with your hands on the grips extend your arms forward at a slightly downward angle and extend your head back behind your shoulders. Do this 3-5 times.



Next, move the neck exerciser up to the middle part of the neck and repeat 3-5 times with your arms going straight out and your head behind your shoulders.



Then, move the neck exerciser up to the upper part of the neck and repeat 3-5 times with your arms going slightly up and your head behind your shoulders.



Exercise #2

First, take the neck exerciser and place the middle part on the lower part of your neck. Then, with your hands on the grips extend your arms forward at a slightly downward angle and extend your head back behind your shoulders. Once your head is back, look to the left and then, the right. Do this 3-5 times.

Next, move the neck exerciser up to the middle part of the neck and repeat 3-5 times with your arms going straight out and your head behind your shoulders.

Then, move the neck exerciser up to the upper part of the neck and repeat 3-5 times with your arms going slightly up and your head behind your shoulders.



Exercise #3

First, take the neck exerciser and place the middle part on the lower part of your neck. Then, with your hands on the grips extend your arms forward at a slightly downward angle and extend your head back behind your shoulders. Once your head is back, tilt it to the left and then, the right. (It is almost as if you are trying to get water out of your ears). Do this 3-5 times.

Next, move the neck exerciser up to the middle part of the neck and repeat 3-5 times with your arms going straight out and your head behind your shoulders.

Then, move the neck exerciser up to the upper part of the neck and repeat 3-5 times with your arms going slightly up and your head behind your shoulders.



Exercise #4

For patients with headaches.

Place the neck exerciser at the base of the skull, tuck your chin, extend arms straight out and the head back while keeping the chin tucked. Repeat 9-12 times.



Once you are use to doing these exercises and they seem easy, add more reps.