

Neck Strengthening Exercises



- Step 1: Lie on ball, hips/trunk supported, legs straight
- Step 2: Slowly lift upper body off ball, arms out to side, hold for 2 seconds
- Step 3: Keep head in neutral position, aligned with spine
- Step 4: Slowly return to beginning position
- Step 5: Repeat exercise 8-12 times

* Strengthens upper/mid trapezius, rhomboids