Canadian Chiropractic Guideline Initiative
ADVANCING EXCELLENCE IN CHIROPRACTIC CARE

Date:

Neck Mobility Exercises

Click on the title or find all the exercises on CCGI YouTube

✓	Exercises	Instructions	Notes
	Neck rotation sitting 	In a sitting posture, chin tucked in, turn your head to the left and then to the right, ensuring that your neck doesn't move forward. Completing this movement should take 2-3 seconds Repeat 10 times.	
	Neck extension sitting 	In a sitting posture, chin tucked in, slightly move your head up as if you wanted to look up the ceiling. At all times, don't let your head move forward. While making sure movements ar painless, maintain a slight tension in the front muscles of your neck, completing this movement should take 2-3 seconds. Repeat 10 times.	
	Assisted neck lateral flexion sitting 	In a sitting posture, chin tucked in, move your head sideways from left to right as if your nose was the pivoting point. You can use your hand to help move your head. Completing this movement should take 2-3 seconds. Repeat 10 times.	
	Assisted neck flexion sitting 	In a sitting posture, chin tucked in, bend your neck forward with or without assisting with your hand and look down. Completing this movement should take 2-3 seconds. Repeat 10 times.	
	Multiple neck mobility exercises    	Forward and backward bending: In a sitting posture, look down and gently bring your chi down towards your chest. Lift your chin up and return to the starting position. Slowly roll your head and neck backwards to look up the ceiling as far as it is comfortable. Come back up by tucking your chin down and bringing your head back to the upright position. Avoid letting your chin poke out, instead keep looking toward the wall in front of you. Each movement should be done slowly and purposefully, taking about 2-4 seconds to perform. Repeat each exercise 5-10 times in each direction. Rotation Option 1: Sitting: In a sitting posture, gently turn your head to the left looking where you are going to see over your shoulder as much as possible. You may find it easier to have a target on the wall to focus on. With each repetition, try to go a little further in that direction. Perform the same exercises to the right side. Rotation Option 2: Kneeling: Sometimes it is easier to perform this exercise while kneeling on your hands and knees, especially in the early days after injury. Push through your hands so your back is not slumped. Practice turning your head and looking to each side. Repeat each exercise 5-10 times in each direction. Side bending: Start with your head centered and gently bring your right ear down towards the right shoulder. You may feel a normal stretch of the muscles on the side of your neck. T exercise should be pain-free. Perform this exercise on the left side and repeat 10 times.	

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Bussières AE, Stewart G, Al-Zoubi F, Decina P, Descarreaux M, Hayden J, et al. The Treatment of Neck Pain–Associated Disorders and Whiplash-Associated Disorders: A Clinical Practice Guideline. Journal of Manipulative and Physiological Therapeutics. 2016;39(8):523-64.e27.