



Texas Orthopedics, Sports & Rehabilitation Associates

Home Exercise Program for the Neck

McKenzie Exercises for the Neck

- 1) **Seated Neck Retraction/Chin Tuck** ____sets of ____repetitions
 - a) In a seated position, look straight ahead.



- b) Then tuck your chin as if you were trying to look at your chest without bending your neck down. Repeat as instructed.



- 2) Seated Neck Retraction/Expansion** ____sets of ____repetitions
a) Perform the chin retraction described in (1).



- b) Then keeping the chin retracted, tilt the head upward, as if trying to look at the ceiling without tilting the chin up. This is difficult to do and may feel uncomfortable at first. Only go as far as comfort allows. Then relax and repeat as instructed.



3) Supine Neck Retraction ___ sets of ___ repetitions

- a) Lay down on a firm surface with your knees bent and arms by your side. Put a pillow behind your head and neck at the top of your shoulders. Your eyes should be looking at your knees.



- b) Tuck your chin to your chest taking the curve out of your neck.

