






Neck Mobility Exercises

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

✓	Exercises	Tips	Notes
	<u>Neck rotation sitting</u>	<ul style="list-style-type: none"> • Keep chin tucked in • Don't let neck move forward • Turn left and then right 	
	<u>Neck extension sitting</u>	<ul style="list-style-type: none"> • Keep chin tucked in • Don't let neck move forward • Move head up slightly towards ceiling 	
	<u>Assisted neck lateral flexion sitting</u>	<ul style="list-style-type: none"> • Keep chin tucked in • Move head sideways from left to right • Think of nose being the center that the move pivots around 	
	<u>Assisted neck flexion sitting</u>	<ul style="list-style-type: none"> • Keep chin tucked in • Bend your neck forward to look down 	
	<u>Multiple neck mobility exercises</u>	<ul style="list-style-type: none"> • Feel stretches without feeling pain • Repeat each exercise 5-10 times in each direction. 	

These exercises have been developed by the Canadian Chiropractic Guideline Initiative (CCGI) and are based on the latest evidence-based Clinical Practice Guidelines for Neck Pain Associated and Whiplash Associated Disorders.*

Find out more at www.chiroguidelines.org

* Bussi eres 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.