



Neck Motor Control & Strengthening Exercises

(For recent onset neck pain we suggest supervised graded exercises)

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

✓	Exercises	Notes
	 <p>Neck motor control</p>	
	 <p>Strengthening neck retraction (sitting)</p>	
	 <p>Strengthening neck retraction (supine)</p>	
	 <p>Isometric strengthening in flexion (standing)</p>	
	 <p>Isometric strengthening in extension (standing)</p>	
	 <p>Neck extension supine</p>	
	 <p>Retraction flexion supine</p>	
	 <p>Retraction rotation supine</p>	
	 <p>Isometric extension strengthening with rubber band (sitting)*</p>	
	 <p>Isometric flexion strengthening with rubber band (sitting)*</p>	
	 <p>Neck extensor strengthening</p>	
	 <p>Additional neck strengthening exercises</p>	

***Not recommended for recent onset neck pain**

These exercises have been developed by the Canadian Chiropractic Guideline Initiative (CCGI). Exercises conceptualized & demonstrated by: Nadia Richer, Caroline Poulin (professors, UQTR). Narration: Nadia Richer, Caroline Poulin, André Bussières (CCGI Project Lead). Production & editing: Peggy Béland, Rolland Sasseville (Information Technology Services, UQTR). They are based on the latest evidence-based Clinical Practice Guidelines for Neck Pain Associated and Whiplash Associated Disorders (2016)*. Some of the exercise videos were adapted with permission from Prof. Gwendolen Jull and Prof. Michele Sterling, University of Queensland, Australia ('Whiplash Injury Recovery – A self-help guide').

Find out more at www.chiroguidelines.org