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*"treating the cause of your problem, not just the symptoms"*

## Neck Exercises



1) While sitting, place your hands behind your head and lock your fingers. With **NO MORE THAN 50% OF YOUR STRENGTH**, push your head backwards using the neck muscles. At the same time, pull forwards with your hands. Overall, you are just contracting the neck muscles without moving the head. Be sure you are not pushing too hard. Hold each muscle contraction for ten seconds. Repeat five times.



2) While sitting, place your hands on your forehead. With **NO MORE THAN 50% OF YOUR STRENGTH**, push your head forwards using your neck muscles. At the same time, use your hands to push on the forehead. Overall, you are just contracting the neck muscles without moving the head. Be sure your are not pushing too hard. Hold each contraction for ten seconds. Repeat five times.



3) While holding onto small hand weights, let your arms hang comfortably. Do not bend your elbows during this exercise. Slowly lift your shoulders straight up, as in doing a "shrug". Hold for two seconds, then slowly lower them. Repeat this motion until the muscles in the upper shoulders and lower neck become fatigued. Do this three times.