

Neck Daily Check In

Why do it?

Evaluate your readiness to train and prevent injuries.



Neck Extension

1

Sitting or standing with good posture, look up to the ceiling.

Do you notice any pinching?



NO



YES



Chin tucks/retraction-

Sitting tall in a chair in neutral position, pull your chin backwards-making a double chin. Keep your chin horizontal and hold for 2-3 seconds before returning to a neutral position. Do 10 reps.



Neck Flexion

2

Sitting or standing with good posture, tuck chin to chest.

Is there tension there?



NO



YES



Lie on your back, knees bent, hip-width apart. Arms extended up over the chest holding the end of a band in each hand. Pull the band apart by lowering arms to the floor in a "T", then lift your head, flexing your neck to bring your chin to your chest keeping the rest of your body still. Return to starting position. Do 10 reps.



Neck Rotation

3

Turn your head to the left, then tuck your chin to your collar bone, repeat on the other side.

Do you notice a difference side to side?
Do you notice any discomfort or pinching on either side?



YES



Towel Pull- Using a rolled towel around your neck, hold the ends. Slowly look up as far as you can, rolling your head over the towel. Apply gentle pressure on towel to support the head as you extend head back. Return to starting position. Do 10 reps.



Key points



This program is a quick way to evaluate your muscular tension in an effort to improve mobility prior to training.



You know your body! If you prefer a different stretch or would like to hold for longer then you can individualize your daily check in.



This program is designed to identify tension, if you feel pain, contact your therapist for individualized advice!