

# Phase 3

## GOOD FOR:

- Strengthening the neck and surrounding muscles
- Preventing neck pain and injury

## GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps
- Push sets to fatigue
- Add load or reps to increase difficulty
- Tools: resistance band, dumbbells, bench

## **cervical flexor curl**

Lying on your back, slowly tuck your chin to your chest, moving as far as you can without pain. Lower just to the point where your head is barely touching the ground, then raise again.



## **cervical lateral flexor curl**

Lying on your side, slowly move your ear toward your top shoulder, moving as far as you can without pain. Keep your head neutral; don't tuck your chin or tilt your head back. Perform on both sides.



## **cervical rotator curl**

Slowly turn your head toward the ground, then rotate in the opposite direction by moving your chin toward your top shoulder. Keep your head neutral; don't tuck your chin or tilt your head back. Perform on both sides.





## **banded cervical retraction**

Wrap a band around the back of your head and hold the ends with both hands. Stretch the band to apply resistance. Starting with your head forward, move backward into retraction against the resistance.



## **dumbbell row**

Place one hand and knee on a bench with your spine neutral. Let your opposite arm hang down to the side of the bench, then bend your elbow and pull the dumbbell straight up toward your chest. You can do a banded, inverted, or machine row variation of this exercise.



## banded row variation



## **dumbbell shrug**

Holding dumbbells at your sides, slowly shrug your shoulders toward your ears while keeping your spine and head straight.





### lateral raise

Raise your arms with your palms facing down until they reach shoulder level.



### **bent-over lateral raise**

Hinge from your hips and bend your knees—keeping your shins vertical and back flat—so that your torso is at a roughly 45-degree angle. With a slight bend in your elbows, raise your arms with your palms facing down until they reach shoulder level.

