

Phase 3

GOOD FOR:

- Strengthening the neck and surrounding muscles
- Preventing headache pain

GUIDELINES:

- Perform every day

Once your symptoms improve and you can do the isometric exercises without causing flare-ups, add phase 3 exercises from the Neck Pain protocol ([here](#)–[here](#))

Phase 3

cervical manual isometrics (four directions)

- Do 4 or 5 reps with 30- to 45-second resisted holds
- Apply as much force as your neck can tolerate without pain
- Perform seated or standing, on both sides (side-bend and rotation)

flexion

Tilt your head forward. Push on your forehead with your hand and resist.



lateral flexion (side-bend)

Tilt your head to the side. Push on the side of your head with your hand and resist.



extension

Tilt your head back slightly. Push on the back of your head with your hand and resist.



rotation

Turn your head slightly. Push on the side of your head with your hand and resist.

