

Neck Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Chin Retraction

Sets Reps Frequency Time Duration

Head and Neck Stretch - Upper Trapezius

Sets Reps Frequency Time Duration

Head and Neck Stretch - Upper Trapezius and Levator Scapulae

Sets Reps Frequency Time Duration

Neck Ranges of Motion

Sets Reps Frequency Time Duration

Neck Backward Tilt Isometric Exercise - Extension

Sets Reps Frequency Time Duration

Neck Backward Tilt Isometric Exercise - Flexion

Sets Reps Frequency Time Duration

Neck Rotation Isometric Exercise

Sets Reps Frequency Time Duration

Neck Side Bending Isometric Exercise

Sets Reps Frequency Time Duration