

Burn Care Exercise Program

Neck Range of Motion

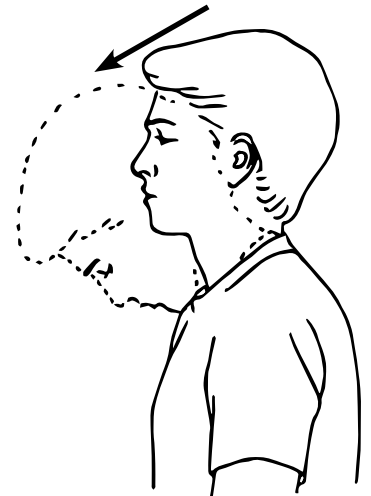
Instructions

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each exercise 8 to 10 times on each side.
- ✓ Hold each stretch for 20 to 30 seconds.

Sit upright with your back supported, chin tucked, and your shoulders relaxed.

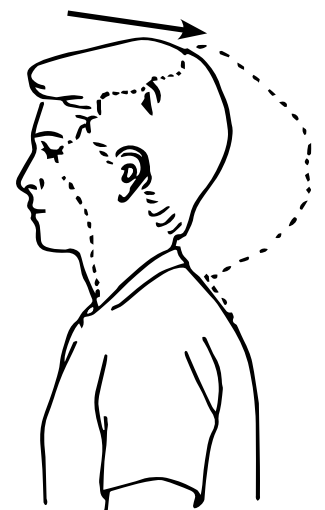
Neck flexion

- Bring your chin down towards your chest as far as you can.
- You should feel a stretch in the back of your neck.



Neck extension

- Look up towards the ceiling as far as you can, keeping your mouth closed.
- You should feel a stretch in the front of your neck.



What are your questions? Please ask.

Therapist: _____

Phone: _____

Neck rotation

- Turn your head to the right. You should feel the stretch on the left side of your neck.
- Return to the starting position.
- Turn your head to the left. You should feel the stretch on the right side of your neck.



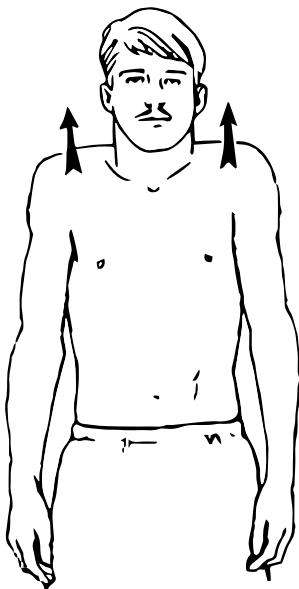
Neck side bending

- Bring your right ear towards your right shoulder. Do not turn your head. Keep looking straight ahead.
- You should feel a stretch on the left side of your neck.
- Return to the starting position.
- Bring your left ear towards your left shoulder.
- You should feel a stretch on the right side of your neck.



Shoulder elevation

- Begin with your shoulders relaxed.
- Slowly lift your shoulders up towards your ears.
- Return to the starting position.



Shoulder depression

- Begin with your shoulders relaxed.
- Keep your arms by your sides.
- Press your shoulders down by stretching your arms toward the floor.
- Return to the starting position.

