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.