

NECK & HEADACHES

These exercises target cervical spine mobility, deep neck flexor strength, and postural alignment, which are key factors in neck pain and tension headaches. Perform in order from mobility to strengthening.

Neck Stretching

Neck stretching in 3 planes: flexion, lateral, and rotation. Gentle and controlled. Hold each stretch 20–30 secs.

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Quadruped Chin Retraction

Strengthens the deep neck flexors (longus colli) and stretches the suboccipitals and upper trapezius. On hands and knees.

Chin / Neck Retractions

Standing neck retractions to strengthen the front neck muscles and improve cervical posture. Draw chin straight back.

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Neck Isometrics

Isometric neck strengthening in flexion, extension, and lateral directions. No movement. Apply steady pressure against resistance.

Isometrics with Movement

Neck isometric exercises combined with medicine ball movement in flexion and extension. Advanced progression.

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Upper Body Stretches

Full upper body stretch circuit covering neck, shoulders, chest, and upper back. Perform at least 2x/week.