fast you move your neck to each side. If one side is stiffer, that is probably the direction you need to do more exercises in order to bring it equal to the good side.

- Move your head as far as it will go in each direction, and hold for about 5 seconds. Then move it in the opposite direction as far as it will go and hold for another 5 seconds.
- Repeat each exercise about five times for each direction except #5 which can be done up to 100 times.

- Expect some discomfort; becoming more flexible and stronger in the neck does not come quickly or easily. It may take several weeks before you start to notice the benefits.
- When first performing your exercises, expect some noise out of your neck. Snaps, pops, and clicks are all common. Later on, the noise tends to lessen. You might find that the exercise that gives you a “pop” feels better afterward.
- Each set of exercises takes only a few minutes. Repeat each set three to five times per day.
- Consider doing some general exercises and aerobic exercises, since it’s important to keep the rest of your body in shape too. Don’t expect general exercises to help the neck specifically—that requires neck-specific exercises.

1. Back and forth (Flexion and extension)

Tilt your head backward as far as possible, hold for about five seconds. Then slowly swing your head forward as far as you can. Gentle pressure by a hand on your head may help you reach your end-of-range.

2. Rotation

Rotate your head and upper body all the way to one side, hold for 5 seconds, then rotate to the other side and hold for 5 seconds. A little pressure on your cheek helps you move it all the way.

3. Side to side

Tilt away with your head and upper back, let your head relax for 5 seconds, then move to other side and let your head relax for 5 seconds. Added gentle pressure on your head may help to move your neck to your end-of-range.

4. Diagonal

Rotate your head to one side, then look all the way up, then all the way down. Repeat for the other side. Repeat five times.

5. Rock and roll

Lie on your back and rock your head gently to one side, then the other. Keep repeating this rocking motion about 30 to 100 times, and gradually increase how far you rotate to each side. At first you may have to perform the rock and roll slowly, but later you can pick up the speed. This set can be done once a day.
fast you move your neck to each side. If one side is stiffer, that is probably the direction you need to do more exercises in order to bring it equal to the good side.

- Move your head as far as it will go and hold for about 5 seconds. Then move it in the opposite direction as far as it will go and hold for another 5 seconds.
- Repeat each exercise about five times for each direction (except #5 which can be done up to 100 times).

- Expect some discomfort; becoming more flexible and stronger in the neck does not come quickly or easily. It may take several weeks before you start to notice the benefits.
- When first performing your exercises, expect some noise out of your neck. Snaps, pops, and clicks are all common. Later on, the noise tends to lessen. You might find that the exercise that gives you a "pop" feels better afterward.
- Each set of exercises takes only a few minutes. Repeat each set three to five times per day.
- Consider doing some general exercises and aerobic exercises, since it's important to keep the rest of your body in shape too. Don't expect general exercises to help the neck specifically—that requires neck-specific exercises.

3. Side to side
Tilt sideways with your head and upper back, let your head relax for 5 seconds, then move to other side and let your head relax for 5 seconds. Added gentle pressure on your head may help to move your neck to your end-of-range.

4. Diagonal
Rotate your head to one side, then look all the way up, then all the way down. Repeat for the other side. Repeat five times.

5. Rock and roll
Lie on your back and rock your head gently to one side, then the other. Keep repeating this rocking motion about 30 to 100 times, and gradually increase how far you rotate to each side. At first you may have to perform the rock and roll slowly, but later you can pick up the speed. This set can be done once a day.