

Cervical Muscle Strengthening

For improved health of your cervical spine, please perform these basic strengthening exercises at least twice a day. Please allocate 10 minutes of your time. It's best to do these in front of a mirror, but is not necessary. Keep your mind relaxed and free of worries. Do not rush these. A favorite music playing may help you enjoy these. It takes several weeks to start noticing improvement. These isometric exercises will eventually improve the tone and strength of your muscles around your cervical spine, which may reduce pain, stiffness and headaches.



The purpose is to keep your neck and head steady and in neutral position, while you apply gentle, yet steady pressure with your 2 fingers (middle and index fingers). Please do not use your palm or base of the thumb to exert pressure, as it may be too much and may be counterproductive.



Apply gentle pressure to the center of the forehead for 5 seconds and repeat 10 times. You may use RIGHT or LEFT hand.



Now, apply gentle pressure to the center of the back of your head for 5 seconds and repeat 10 times. You may use RIGHT or LEFT hand.



Now, apply gentle pressure to the LEFT side of your head, near the temple for 5 seconds and repeat 10 times. Repeat this on the RIGHT side similarly.

You may alternate these exercises. For example, 1 push in the front for 5 seconds, followed by 1 push in the back for 5 seconds. 1 push on the LEFT side for 5 seconds, followed by 1 push on the RIGHT side for 5 seconds.