



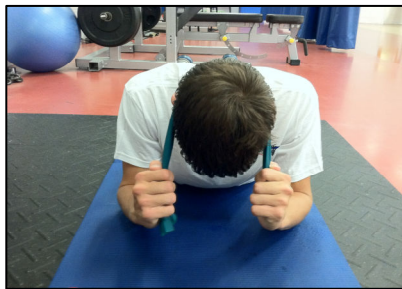
Neck Strengthening Exercise Program - Hockey

Perform each exercise daily • 2 sets of 12 reps



Neck Flexion

- 1) Lie down in plank position (knees down) with elbows propped up
- 2) Hold band in both hands
- 3) Pull band tight
- 4) Bring forehead to band
- 5) Slowly push your head down (chin to chest) and controlled
- 6) Hold where you feel comfortable
- 7) Come back up **SLOW!**



Neck Extension

- 1) Lie down in plank position (knees down) with elbows propped up
- 2) Hold band behind head with both hands
- 3) Hold band tight
- 4) Slowly bring head up keeping neck fully extended
- 5) Stop at a point that is comfortable
- 6) Bring head back down to a neutral position **SLOW!**



Lateral Flexion

- 1) Wrap band around head at forehead height
- 2) Pull band tight to one side (left or right)
- 3) Make sure to keep neck long and straight
- 4) Slowly tilt your head away from arm holding band (refer to picture)
- 5) Stop at a point that is comfortable (ear to shoulder)
- 6) Bring head back to neutral **SLOW!**
- 7) Repeat on other side



Rotational Strengthening

- 1) Sit down, rest elbow on knee and put your head on one hand
- 2) Slowly rotate head into hand using hand as resistance
- 3) Rotate back **SLOW!**
- 4) Repeat on other side