

HERTFORD / STEVENAGE CHIROPRACTIC CLINIC

NECK STRENGTH EXERCISES



Using a light weight football, place it on the wall with your forehead pressing into it. Firstly press and relax for 10 reps. building to 20 reps. Do the full series at the same intensity. As strength builds, then press and hold for a count of 5 for 10 reps. building to 20 reps.



Next, turn around and using the back of your head press backwards into the ball as before.



Lastly, using the side of your head do the same again. Repeat to the other side as well.