



Resisted neck flexion



Eyes look down



Resisted neck extension



Resisted neck side-bend



## The Groovi-Nexerciser #1

Strengthen the muscles of the cervical spine functionally to:

- Support the head (if your head feels 'heavy' the deep neck muscles are probably weak or inhibited)
- Relieve acute & chronic neck pain
- Rehabilitate after Whiplash injuries
- Treat yourself!

Precede use of the Nexerciser with basic strengthening of Deep Neck Flexors & Extensors.

Aim to find scapula neutral and cervical (neck) neutral.

Exercise to fatigue of stabilisers. Do not allow trick movements (superficial muscles tighten instead).

All exercises must be PAINFREE.

All movements to be SLOW & CONTROLLED initially.

Progress by using thicker tubing with more resistance & increasing speed of movement.

Feel the superficial neck muscles to ensure that they do not dominate during this exercise. Both Deep & Superficial neck flexors should fire. Stand so you can feel the back of your head (occiput) against the wall. Maintaining contact between the wall & the occiput during rotation ensures correct 'head on neck' position.



**Resisted neck rotation.** Position the tubing at the RIGHT Temple. Hold the other end of the tubing in the LEFT hand. Look DOWN to the LEFT armpit & the UP to the ceiling corner on the RIGHT. The resistance is to the UPWARD movement.

Progression: Move the LEFT hand forward to increase resistance

## The Groovi-Nexerciser #2

Strengthen the muscles of the cervical spine functionally to:

- Support the head (if your head feels 'heavy' the deep neck muscles are probably weak or inhibited)
- Relieve acute & chronic neck pain
- Rehabilitate after Whiplash injuries
- Treat yourself!



**Resisted neck rotation.** Position the tubing at the RIGHT Temple. Hold the other end of the tubing in the LEFT hand. Look UP to the ceiling corner on the LEFT & then DOWN to the RIGHT armpit. The resistance is to the DOWNWARD movement.

Progression: Move the LEFT hand BACKWARD to increase resistance

Precede use of the Nexerciser with basic strengthening of Deep Neck Flexors & Extensors.

Aim to find scapula neutral and cervical (neck) neutral.

Exercise to fatigue of stabilisers. Do not allow trick movements (superficial muscles tighten instead).

All exercises must be PAINFREE.

All movements to be SLOW & CONTROLLED initially.



**Resisted neck extension from puppy-ly position.** The tennis ball helps you to control the Head on neck position & ensure the extension comes from the lower cervical spine.