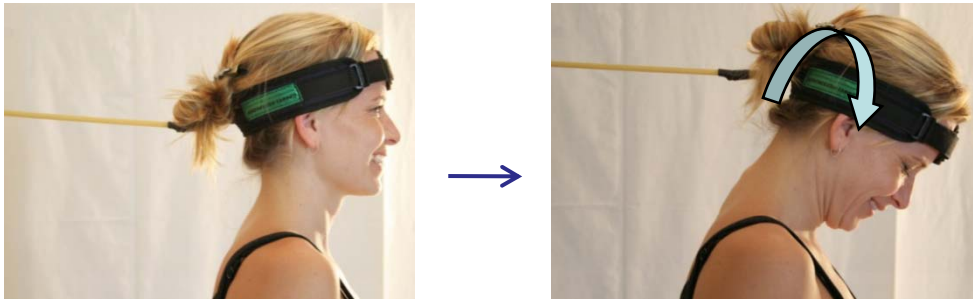


The Groovi-nexerciser # 1

Strengthen the muscles of the cervical spine functionally to :

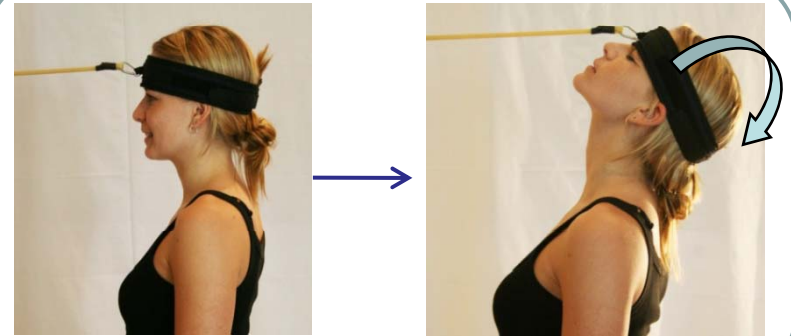
- Support the head (if your head feels 'heavy' the deep neck muscles are probably weak or inhibited)
- Relieve acute & chronic neck pain
- Rehabilitate after Whiplash injuries
- Treat yourself!

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



Resisted neck flexion

Eyes look down!



Resisted neck extension



Resisted neck rotation

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 side-bend

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