



NECKSLEVEL REHAB PROTOCOL

PAIN AND STIFFNESS RELIEF



Scan to Watch
Follow along with video guide

Completion Time: 10 minutes
(Perform 1-2 times per day)

Use the MaxGrip Headband to prevent head slippage:



Stretch

1. Rotation Stretch

2 minutes (30 reps left and right)



Move the Glider by turning your head left and right (move slowly, no hold).

Strengthen

2. Resisted Rotation

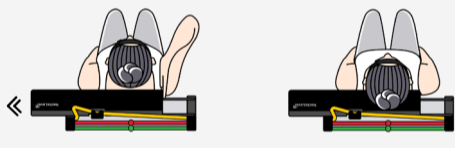
3 sets of 10 reps (left and right)



Slowly move the Glider left and right against the band resistance.

3. Isometrics "Load & Holds"

3 sets of 10 second holds (left and right)



Lift head and move Glider to the side. Hold head straight for 10 seconds.

4. Chin Tucks

3 sets of 10 repetitions (3 second hold)

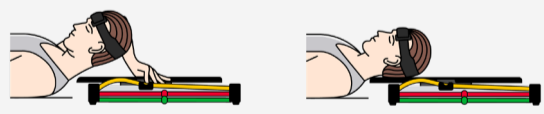


Start with your chin up, then tuck chin to make Glider move.

Relax

5. Neck Traction

Enjoy this magical neck stretch for 2+ minutes



Lift head and pull Glider toward you a few inches. Slowly release hand and relax!

How to Progress

Level 1
Weeks 1-2

Level 2
Weeks 3+

Level 3
If Red gets easy!

Ready for more?
Scan here for free access to all of our exercises and protocols.



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