Perform isometric neck exercises and stretches immediately after surgery to help with neck mobility and healing. These exercises can be done while sitting, standing, or lying on your back.

**Neck Stretches**
With good posture, take a deep breath and relax.
- Turn your head slowly to the right and left several times.
- Bend your right ear to shoulder and repeat on other side.
- Extend your neck forward and backward.
- Tilt your chin toward chest and slightly up.

**Isometric Neck Exercises**
The key to isometric exercise is to prevent your head from moving. Resist the pressure of your hands and maintain constant tension in your neck muscles. Be sure to breathe. Holding your breath will cause an increase in your blood pressure that can result in becoming dizzy or lightheaded.

**Side neck muscles**
Place your palm against the right side of your head (temple area). Take a breath. Have your head match the resistance on the right side without bringing your ear towards the shoulder. Breathe out to 10 seconds. Repeat 10 times. Switch sides to work your left side.

**Front neck muscles**
Place the palms of your hands on the top of your forehead. Take a deep breath in through the nose. Have your forehead match the resistance of your palm. Breathe out slowly through your mouth to the count of 10. Repeat 10 times.

**Back neck muscles**
Clasp your hands behind the top of your head. Take a breath in. Press the back of your head against your hands and breathe out. Hold this position for 10 seconds and repeat 10 times.

Repeat this series at least 4 times a day.