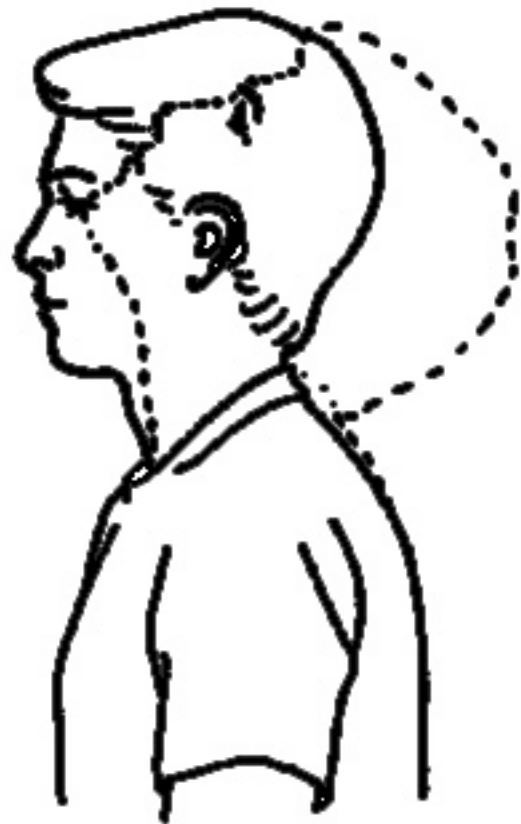


# Neck Motion





## Can you tilt your head back to see the ceiling?

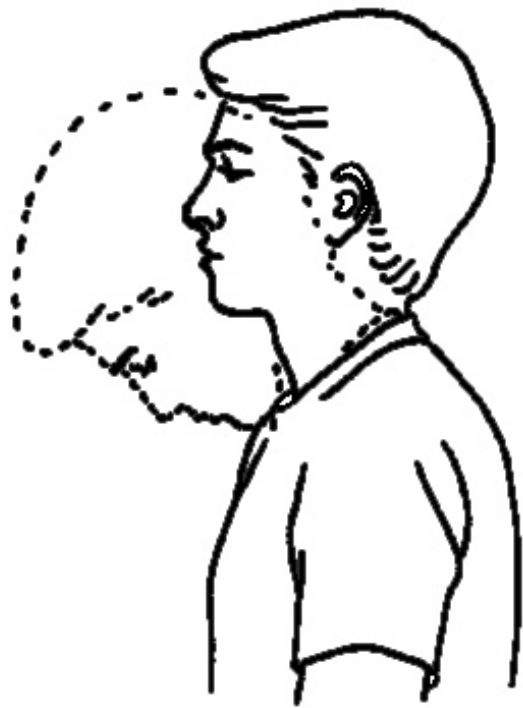
Normal range of motion is the ability to extend your head back and being able to see the ceiling. An acceptable measurement of range of motion from the neutral position is 45 to 70 degrees. Having normal range of motion in your neck is important for carrying out the activities of daily living. Soft tissue injuries and bony immobility can restrict your range of motion. When moving your neck there should be no pain. Pain is a sign of dysfunction. **Restricted-The wellness team can help you design a program.**

**Solving problems before they happen.**

## Can You touch can your chin to your chest?



Flexion is the motion that allows you to bend your head toward your chest. In normal flexion, you can touch your chin to your chest. Beginning in a neutral position, an acceptable range of motion for flexion is 40 to 60 degrees. Having normal range of motion in your neck is important for carrying out the activities of daily living. Soft tissue injuries and bony immobility can restrict your range of motion. When moving your neck there should be no pain. Pain is a sign of dysfunction. **Restricted-The wellness team can help you design a program.**



**Solving problems before they happen.**



## Can you rotate your head so you can see your shoulder?

An acceptable measurement of range of motion from the neutral position is 70 to 80 degrees. Having normal range of motion in your neck is important for carrying out the activities of daily living. Soft tissue injuries and bony immobility can restrict your range of motion. When moving your neck there should be no pain. Pain is a sign of dysfunction.



**Solving problems before they happen.**

# Can you tilt your head and shrug your shoulder so your ear and shoulder meet?



An acceptable measurement of range of motion from the neutral position is 45 degrees when bending the neck to the side. Having normal range of motion in your neck is important for carrying out the activities of daily living. Soft tissue injuries and bony immobility can restrict your range of motion. When moving your neck there should be no pain. Pain is a sign of dysfunction.

**Solving problems before they happen.**