

4-Week Neck Strengthening Plan

Progressive exercises to restore posture, confidence and gain strenght

This 4-week plan is for people past the acute stage of whiplash recovery. You may still feel stiff or cautious, but you're ready to rebuild strength safely. These targeted neck, shoulder, and core exercises are designed to improve posture, coordination, and long-term resilience.

If Phase 2 (Weeks 3–4) feels too difficult, simply repeat Weeks 1–2 longer before progressing.

Weeks 1–2: Gentle Activation + Alignment

Do this daily or 4–6x/week. Best performed in the morning or mid-day.

1. Chin Tucks (Seated or Wall-Supported)

Reinforces deep cervical flexor engagement

→ 10 reps, hold for 5 seconds

2. Neck Rotations (Seated)

Restores natural movement without force

→ 5 reps per side

→ Turn slowly—no rushing

3. Bird Dog (Core & Coordination)

Stabilizes spine and reduces pressure on the neck

→ 8 reps per side

→ Keep back flat, hips level

4. Wall Slides or Wall Angels

Retrains shoulder positioning and posture

→ 10 slow, controlled reps

5. Scapular Retractions (Band or Bodyweight)

Strengthens middle back to reduce neck tension

→ 2 sets of 10 reps

6. Band Pull-Aparts

Builds endurance in postural muscles

→ 2 sets of 12–15 reps

7. Chest Stretch at Wall

Maintains mobility while strength improves

→ 20–30 seconds per side

(Need help? Click any exercise title for a video guide.)

Notes

Weeks 3–4: Controlled Strength + Stability

1. Supine Head Lifts (Chin-Tucked)

Strengthens deep neck flexors dynamically

→ 6–8 reps, lift just a few cm

→ Keep chin tucked the whole time

2. Supine Rotations with Lift (Progression)

Builds neck endurance under movement

→ 5 reps each side while holding slight head lift

(If too much, do rotations without lift)

3. Prone Y Raises

Targets lower traps for better posture support

→ 2 sets of 10 reps

4. Dead Bug

Core control that protects the cervical spine

→ 10 reps per side, controlled tempo

5. Serratus Wall Push-Ups

Activates shoulder stabilizers and promotes scapular health

→ 2 sets of 10 reps

6. Band Pull-Aparts (Medium Resistance)

→ 2 sets of 15 reps

7. Neck Isometric Presses (Moderate Force)

Builds capacity in stabilizer muscles

→ Front, sides, back – 8-second holds, 3 rounds

8. Mobility Finisher (Optional):

→ Cat-Cow, neck rolls, chest stretch – 2–3 minutes



Day	1	2	3	4	5	6	7
Week 1							
Week 2							
Week 3							
Week 4							

Notes

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