

**samwoo**

After many head neck injuries and being hypermobile I have cervical instability but also cervical locking or loss of movement. I tend to either be dealing with loss of movement, cracking and powerful muscle spasms, head pain, neck pains etc or a head that is bobbing around not feeling attached and vertigo. Exercises done too much or the wrong ones have led to the vertigo episodes but doing nothing isn't a solution either. Doing these, albeit in a very gentle reduced way, so far for three days has been ok. Great article that came just when I needed it.

Posted On 03/21/2024

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## Guillermou

A great article that establishes a great channel for improving neck flexibility. Increasing age is associated with decreased cervical range of motion (ROM). Every 10 years, humans lose approximately 5 degrees for active neck extension and 3 degrees for active neck flexion, lateral flexion, and rotation. Findings on the potential effect of gender on active cervical range of motion (aCROM) are inconsistent. Regardless, decreases in cervical ROM have been strongly associated with benign paroxysmal positional vertigo regardless of sex. Furthermore, reduced neck mobility limits visual monitoring of (sudden changes in) the environment, thus providing restricted visual input to the vestibular system.

In addition to an age-related decrease in cervical ROM, a significant deterioration of cervical proprioceptive abilities has been demonstrated with increasing age. Proprioception refers to the process in which information sent by afferent receptors such as peripheral muscles, capsules, ligaments and joints is processed in the central nervous system. It is the ability to have both a sense of orientation and position of the body as well as a sense of movement of the body and limbs. Somatic afferent information from the neck, particularly the upper cervical spine, converges with vestibular and visual inputs in central nervous system nuclei involved in the processing and integration of postural balance inputs.

Associations between impaired cervical proprioception and poor balance tests have been demonstrated in patients with fibromyalgia syndrome. Although the contribution of cervical parameters to the identification of fall risk is minor compared to the main well-known risk factors, it is interesting to develop a fall preventive cervical exercise program and evaluate its effectiveness in terms of fall incidence.

[www.ncbi.nlm.nih.gov/.../PMC10260694](http://www.ncbi.nlm.nih.gov/.../PMC10260694) (2023).--

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## Guillermou

This study investigated the influence of fear of falling, forward head posture (FHP), cervical proprioception, dynamic balance, and sensory integration on the risk of falls in older adults. Cervical movement and measurement of craniovertebral angle (CVA). is a practical measure to measure FHP and identify the risk of falls in older adults.

[journals.lww.com/topicsingeriatricrehabilitation/abstract/2024/01000/e..](http://journals.lww.com/topicsingeriatricrehabilitation/abstract/2024/01000/e..) (2024).---

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## Kalle21

I just went through the videos doing the stretches as described and I'm impressed - my neck feels so much better after so little effort!

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## juststeve

Too lose the range of motion leads to a loss of alignment, but not necessarily in that order. One can aggravate the other. Either, or especially when both are involved create pain, potentially block efforts to address both. Pain fuels the whole business. Often a problem in one area of the body can spread the negatives in other areas of the body, making it increasingly difficult, but not impossible to reverse. If not allowed to go on for too long. So much screen time, tv, computer, phones are keeping people in a cage of no or not enough mobility. Forest bathing in some challenging terrain can enhance exercise efforts like the ones Doc is offering here. As someone who was diagnosed to expect being in a wheelchair for life and still wheelchair free decades later, the efforts are well worth it. A word of caution not to be too aggressive if suffering bone loss, or a hard-core injury. Gentile efforts can reward with positives too.

Posted On 03/19/2024

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## Guillermou

Very good recommendation, Just. It is sometimes called "tech neck", sometimes "text neck". It's the stiffness and pain that can come from staring at a smartphone or laptop for hours on end each day. When the head is in a neutral position, looking forward, the neck muscles support between 10 and 12 pounds. Move your neck down to about a 45-degree angle and you'll need those muscles to support the equivalent of about 50 pounds. The load on the neck increases the more the neck is tilted forward. Over time, this posture can cause the muscles in your upper back to stretch and the muscles in the front of your body to weaken.

Chronically maintaining this forward-leaning position can eventually stress the discs in the neck and spine, which can lead to ruptured discs and long-term nerve damage and pain. This posture can also limit your ability to breathe deeply. Neck pain affects approximately 75% of people at some point in their lives and is the fourth leading cause of disability globally, so it is important to address it early before it progresses to a chronic condition. Some tips in the link

[www.neuromicrospine.com/news/how-using-computers-and-smartphones-can-a..](http://www.neuromicrospine.com/news/how-using-computers-and-smartphones-can-a..)

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## rrealrose

Great timing! Haven't tried this standing yet, however figure 8 exercise works great for over-watching free speech talks yesterday!

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## Mawps2love

I am so thankful for this article. I have been told several times, over my lifetime, that my cervical spine has lost its natural curve. For the past couple of years I have noticed voice issues that I believe are directly related to degeneration of my cervical spine. I just told my hubby last evening that I believe my neck is causing several issues. So this information is, as one person already stated, timely. I will be utilizing these exercises. Thankfully, I am having no balance issues in spite of my just shy of 75 year age. Also, very gratefully for free Dr. Mercola articles!

Posted On 03/19/2024

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## brodiebrock12

We use to call it Forward Head Posture or FHP decades ago, and now more commonly referred to as TEXT neck. Just look around at people, and see how distorted they are in sitting and standing looking at phones. Just an inch forward in tilt of the average cranium effectively doubles the exertional energy needed for cervical and upper thoracic extensor musculature to function. 1 INCH! Some people are in serious daily prolonged positions wayyyyy longer than most realize. The average cranium weighs 10-12 pounds so one INCH become 20-24 lbs effectively.

Extrapolate from there to realize the tension and energy needed to balance a typical "bowling ball" or HEAD in this example. Strive to keep center of gravity in balance as much as possible and most have a ton of room to improve simply by an objective "look" in the mirror of thyself, and their day to day choices of posture. The advice in this article certainly helpful as well as incorporating band therapies like TRX etc. TRX use is great for posture assist!

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## raisingconsciousness

I got whiplash twice in my first 40 years and nothing has been the same since. Now my neck is fusing on one side, causing all sorts of pain and tightness! I tried many stretching exercises years and years of chiropractors making it worse by forcibly rotating my neck and certainly made it way worse! and even more UNSTABLE I was crying by the time I was done trying! these helpful exercises! Anyow, I even took drastic steps cause of the pain, and had those neck nerves cauterized, it resulted in a nightmare and caused even more significant problems! The whole time the nerves were growing back, for months and months it was like freezing coming out, it felt like someone was pulling individually on the little hairs on the back of my head/neck!

It took months for that to stop, then I ended up with more migraines while tilting my neck up or down, like cleaning or reading, which I never had before this invasive procedure! I will never do that again, no matter how bad I want to die cause it hurts so much. We take our neck for granted, unless you have hurt it permanently! What's interesting and annoying at the sametime, is I never caused the two MVA's / whiplashes and other life changing injuries, they hit me, and here I am because of their idiocy at the time!

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## nan5159

Yes idiots! I'm so so sorry. Your story reminds me how lucky I am not to have had more damage from being hit by a car and a few falls from a horse. I wish you the best.

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## Bouncedancer

I hope you will consider Bowen therapy (disclosure: I do Bowen therapy and microcurrent therapy) -- it's very gentle and can often restore natural muscle tension immediately! Microcurrent therapy with the Avazzia device kept my damaged knee from surgery (ONE session started the healing) and can be amazing for neck pain. If you tell me where you live, I might be able to find you a quality practitioner or two. (I'm northwest of Sacramento, California.)

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## AntoniaG

Well this is very helpful. Thank you. I wonder if it can restore hearing. An ENT up here is known for being a little too connected to a hearing aid company. He insists I need a hearing aid and ignores me completely when I tell him that I hear perfectly normally for brief periods of time, then my throat goes completely dry, there are a lot of clickings, and my hearing reduces by maybe 20%. He just keeps repeating that I need a hearing aid and won't even discuss Eustachian tubes. I waited for almost a year to see him. I have long suspected it is a neurological issue in the neck area. A chiropractor has been very helpful and also thinks it is associated with my neck. He recommended some of these exercises but I didn't keep up with them. This has motivated me to start again.

Posted On 03/20/2024

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## nan5159

I've had bouts of tinnitus accompanied by an extremely dry mouth since our last bout of Covid. Getting better but crops up now and then.

Posted On 03/20/2024

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## mpendry

Fantastic information! Easily explained and So useful for this 67yo neck. Thanks Dr Mercola!

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## **jwhendrickson**

Good article regarding neck spinal health. I am 85 years old and have spinal stenosis in my cervical and lumbar locations. About 10 years ago I had micro surgery at L3, L4 and L5. because I had functional issues with my legs. The surgery was successful as I was able to go play basketball within one month without difficulty. I now am experiencing lower back, hips and leg functional difficulty. No pain, but when standing or walking for more than 10-15 minutes I experience weakness and fatigue in that area of my body. Also, I have noticed balance issues, probably from the stenosis in my neck. I would like receive info. regarding the exercise/protocols for my lumber region. I have an inversion table that I am just starting to use. Any comments or suggestions would be appreciated. Thanks. John H

Posted On 03/19/2024

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## **songlover**

Any good recommendations for near-infrared light therapy device?

Posted On 03/19/2024

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## **1rennalls**

Thankyou for sharing these neck exercises, I'm always keen on performing new exercises for prevention and I feel yours are valuable Dr Mercola.

Posted On 03/19/2024

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**patricia51**

Excellent exercises. Had no idea that my clavicular and shoulder pain were coming from my neck as well as the difficulty I began experiencing in raising my arms. These limitations happened over night. I thought my hip and pelvic alignment were the culprit. I am sure they contributed but, after half-heartedly trying out these exercises, already a huge improvement in my upper body mobility and muscle tightness. For me these dreadful limitations began happening at age 72. I almost didn't read this article but as a chiropractor I felt that I should.

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**jamNjim**

Well, when I saw my email notification I thought there was going to be some more information on improving balance. Of course, any amount of exercise should improve your balance. Ever since seeing one of these advertised I have been curious. Does anyone have experience with a Vew-Doo Balance Board? [www.amazon.com/VEW-DO-Maplewood-Ergonomic-Training-Outrigger/dp/B00U1T..](http://www.amazon.com/VEW-DO-Maplewood-Ergonomic-Training-Outrigger/dp/B00U1T..) The one I originally saw was designed for seniors and had 2 rope handles that were attached to both ends to help you stabilize your upper body while you wobbled around on the pivot ball. It just seems like a good exercise for anyone with balance problems. I'm considering getting one. I'm only 58, but I can already tell my balance isn't as good as it used to be. Falling is the #1 cause of injury, including brain injury in seniors.

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## josephunger

jamiNjim, Yes, sort of. The VEW-DO is a version of the wobble board and generally addresses proprioceptive (balance) training. To briefly address complex neurology, the true core muscles in our bodies are the tiny ones between each of our vertebrae. They coordinate and control the precision motion of the spine and are controlled by specific parts of our neurology (proprioceptive). The nerves to these functions are activated and stimulated when we are navigating UNEVEN terrain. Most of our lives now encounter flat: floors, sidewalks, streets, etc. Therefore the controlling neurology is lacking stimulation and proprioceptive training helps.

The device you reference is difficult to use for us older folks. I refer my patients to the "Vestibular Disc". It can even be beneficial by sitting on it. Less risk of falling and better compliance. Also used for standing training. These deficits in turn trigger reactions in the cervical spine in order to help stabilize the overall spine. Therefore proprioceptive training can directly allow increased mobility of the cervical spine. Cervical (neck) exercises are beneficial and this explains the causal mechanism causal to much loss of mobility to the neck. Hope this is of help.

Posted On 03/19/2024

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## MoMac46

JamNjim I found tai chi helped me with balance (I'm 78) and some say a rebounder also helps as its a wee trampoline with a frame to hold on to. Also a big exercise ball to sit on and balance to strengthen the core. I suppose these all help.

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## jamNjim

Josephunger, Thanks for the info. I recall Dr. Mercola referencing these tiny muscles and connective tissues. He referenced twitch muscles. He was promoting a vibration platform for strength training at the time. I always wondered if that would also improve balance. Those vibration platforms are very expensive!

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## plastické

When I was a young engineer, just starting my career, an old timer took me under his wing for a bit of advice. Perhaps the most important thing that he taught me wasn't about work. It was to tie my shoe laces by standing on one foot. His advice was that, if you always tie one while standing on the other foot, you will never have to worry about balance problems or be unable to walk. I am now 85, and so far it has held with me. I still put my shoes and socks on daily that way. Some days it's harder than others, but I still manage, although I sometimes, lately, have real difficulty cutting my toenails while standing on the other foot. I believe that I have told all my kids, grandkids, and great grandkids this valuable piece of wisdom.

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## jbe4492

This is exactly what I need. I have been suffering for months with neck pain caused by age related degeneration. I will add this program to my daily routine. Thank you.

Posted On 03/19/2024

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## guy7452

As a retired Chiropractor, who continues to help patients using Neural Integration (NIS), these exercises are undoubtedly invaluable, BUT, for many people I have seen over the last 30+ years in practice, the underlying problem is reduced communication between the pair of spinal accessory nerves (these activate the SCMs and Trapezius muscles ie providing ~95% of neck movement) in addition to less than ideal cerebellar function. NIS addresses this dysfunction directly using the sensory-motor loop of life ie the brain, and thus provides a fast track to really benefitting from these very useful exercises. For the information on the Neural Integration System (NIS) and NIS Practitioners go to [neurolinkglobal.com](http://neurolinkglobal.com) NIS is The work of Dr Allan Phillips D.O. And a big Thankyou , Dr Mercola, for the sound advise and wisdom you have shared over many years. Guy Blomfield , England

Posted On 03/19/2024

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## **SOS Mom**

I am now doing these exercises everyday. Thank you!!!!

Posted On 03/25/2024

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## **WaterKat**

Dr. Mercola, thank you so much for this video with neck exercises. I was in a car wreck 1992 & sustained a herniated disc which healed. It was last July when a 3-D cone scan showed problems with discs C3 & C4. These exercises will hopefully address the neck & upper shoulder muscle issues, of tightness & tingling on on upper left neck muscle. Already doing KAATSU & at my age - mid 70s - now have muscles. Again thank you for all you do & the information you share. Kat

Posted On 03/24/2024

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## **sonny08**

I have always exercised my neck muscles of which my gal thoroughly enjoys

Posted On 03/21/2024

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## **nan5159**

These are great! I tried them and after the first go my neck made much less of the cracking sound it usually makes.

Posted On 03/20/2024

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## **boo54476**

Thanks for great exercises. I just finished figure 8's on neck-real freedom of motion now. I will teach these along with my 22 min. Daily of resistance stretching with Miranda Esmond White's CLASSICal stretch in my Healthy Aging Detectives short email tips 1-2X a month with San Diego free seminars to follow. Been doing these for 20 years after a small stroke-and look and feel wonderful! Let me know if you want the free tips.

Posted On 03/19/2024

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## **mpendry**

Would love free tips!

Posted On 03/20/2024

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## **raisingconsciousness**

Something to know, at least in my case, these exercises only work if your neck isn't fused or fusing, otherwise they aggravate the hell out of it! Just backing up out of a parking lot is a painful trick! Doesn't mean I will cave in and stop moving my neck and cause more atrophy, just means when it's fused it simply does not have the same range of motion, like trying to bend your leg bone backwards, it's going to hurt

Posted On 03/20/2024

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## **dorichouhad**

Thank you Dr. Mercola for all the articles that have kept me educated and healthy for the last 20+ years, and the thrill of being able to open up your library to every one free of charge. Although I recently renewed my substack subscription, I'm happy to donate that to what ever works best for your business/practice.

Today's article encourages me to Incorporate it into a movement program that I already follow... Miranda Esmond White. She has a few programs that can be accessed on PBS and YouTube such as, Aging backwards, Classical stretch and Body Eccentrics. My need for chiropractic care has gone from once every three weeks, to once every twelve weeks, and those adjustments are minimal. (I hope it's not inappropriate to endorse other health care providers here...). Thank you Dr. Mercola and staff....

Posted On 03/19/2024

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## **har2134**

Love this! I can do a couple reps with my cart standing up straight in the checkout lines! Such a good example, thanks. HJ

Posted On 03/19/2024

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## **DrJcjr**

Yes movement is always good for getting nutrients/blood flow to affected areas.. But what's more important is what this cracking / pain is telling you. — you are deficient in the minerals the bone & joints need. Namely Calcium People can listen to doing a 100 exercises if they choose. But I have no aches, no cracking & no pain ever.. The neck exercises I do naturally since reading about them as a teenager. Magnets will treat light pain. But degenerative pain needs proper nutrition first.

Posted On 03/19/2024

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## **Mawps2love**

Will you share levels of calcium that would fulfill this bodily need? Or just do my own homework?

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## **Bouncedancer**

My understanding is that the big deficiency is trace minerals and absorbable magnesium, not calcium. Because many people have listened to the push for more calcium, their ratio of calcium to other minerals is seriously out of whack. ("The Calcium Lie II," Thompson/Barnes.) Then there is the issue of people drinking milk in order to get the calcium. Dairy is acid-forming and will LEACH calcium from our bones, besides other problems like milk proteins or lactose. When you look at Asians, they don't eat dairy or pop calcium pills, yet their osteoporosis rate is way lower than ours. They do get calcium from greens and they eat plenty of seaweed, which is rich in trace minerals.

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## Beentheredonethat2

Excellent article and appropriate for folks of any age. I've endured many issues with neck, back and hips since my early 20's. Some were from an auto accident but as I've learned especially in the past couple of years many were from improper posture and basic laziness, not enough rest and poor nutrition. I've taken ppi's for many years on my physician's directions due to a hiatal hernia and consequentially have been robbing my body of nutrients. I've tried many times over to stop, but the reflux and pain became intolerable after a couple of days and would wind up taking the ppi's again.

My Dr. told me I'd always have to take them, again because of my hernia. The past six months have been a literal hell for me physically. I've endured so much pain and discomfort with my spine from C-1 to L-5, hips/pelvis tilt. It's been rough. Chiropractor(s) were able to help, but often by the same evening the pain and tightness were back and often with a vengeance. I know much of this recently was due to stress and trauma both physical and emotional.

I lost my beloved daughter last April from an Asthma attack (only 31yrs old) and the love of my life my wonderful wife of 43 years from pancreatic cancer in Nov. My wife and I also took in our Grandson as he was with his Mother and Dad has never been in his life. Folks, stress and trauma must be dealt with or the body holds/stores it; believe me. Long story short; time (necessary for processing) prayers and supplications to the Almighty.

Less than two weeks ago, I believe God's spirit moved me to not take the ppi, just for that day. First day was never much trouble and that was my case again. Second day I began taking some digestive enzymes that I already had and not too bad of a day. That went well for several days with some issue but they were tolerable. After a week I was feeling much better in my back, neck and spine in general. Here's the thing of ppi's...they cause the body to excrete Magnesium and other minerals, continued

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## Beentheredonethat2

necessary for optimal health. I'd been robbing my body all these years and the results has been pain and suffering. I'd been supplementing vitamins and minerals too, but due to chronic use of the ppi's much of them were being pulled/flush out of my body, in my opinion. I started Bioplasma cell salts 2 days ago and am continuing the Mg Glycinate and vitamins along with very similar stretching exercises as in this article and the difference has been amazing to me. Absolutely 95% digestion issues are gone, neck, hip and spine problems are at least 50% improved and getting better each day so far.

I now believe I'll be around to see my grandson become a man. Herbal teas and Ginger is God's medicine for me and I also discovered a very easy seven step exercise/self massage that helps to increase lymph flow and drainage that can be done once daily in about 10 minutes. To God be the glory for he has wonderfully made us!! Also thank you, to Dr Mercola for his dedication to natural health and for his endurance in the face of satanic adversity. You have made a difference for the best in many peoples lives and you are and always will be on the right side of history. Y'all have a beautiful day!

Posted On 03/19/2024

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## tra7551

awesome!

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## memeKnight1

The figure 8 is awesome! Over the years my neck has been out of whack more than once. I wish I had done that while spending 9 hours a day at the computer before I retired. It will be part of my day now.

Posted On 03/19/2024

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## **BlueSuede**

I was born with what's called "Military Neck" (no cervical curvature), and have experienced that popping/crackling all of my life. Would these exercises benefit me? Would I have to modify them in any way?

Posted On 03/19/2024

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## **walterlane**

I needed this information. Thank You!

Posted On 03/19/2024

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## **gro8378**

Thanks for these videos. I do a few of them already but am anxious to try the new ones I haven't done. Have problems with flexibility in my neck and I am confident this will help!

Posted On 03/19/2024

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## **harmonynaturgirl**

What is the significance of 11:11?

Posted On 03/19/2024

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## **MoMac46**

Maybe significant only to Dr Mercola for some reason. I used to wake regularly at 2.22 am but I just went back to sleep, maybe I should have found the reason, or got up.

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## **beauprep**

Seeing 11:11 on the clock signals that your soul is ready for a fresh opportunity. Pay attention to your thoughts at this moment, as they may lead you toward new beginnings. The spiritual significance of the number 11 lies in the enhancement of personal power.

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## **Ambereyes**

Fantastic exercises! Many thanks Dr Mercola! I had a terrible car crash 30 years go, with injury and permanent dislocation on the C4-C5 region that, although dilt with for a while with fisio, caused in a stiff neck that still needs fisio attention. Hopefully these exercises will also help with the occasional pinced nerve in the region, causing extreme head-face-eyes-ache for 2-5 days frequently...

Posted On 03/19/2024

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## **W Joan**

Thank you , I think I really need these and will sure give it a try

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## GoldenOldieUK

Thank you so much for these! Will definitely add them to my routine. Seven years ago I fell off a scaffold tower and landed on the back right side of my neck and shoulder. I started getting horrendous headaches on the right side that the medical profession couldn't understand even though I kept telling them what had happened. I'm sure that I damaged the vagus nerve on that side as well and started to get heart palpitations and my diaphragm sometimes didn't seem to want to work. My McTimoney Chiropractor did some work on my neck and gave me exercises to do. The difference has been transformative. I also bought a red light panel and now can sit or stand in front of that every morning doing my exercise.

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## Itsmyright

It is unclear when he says with your hand on the side of the head push against the restriction is that your head that is pushing against the restriction of the hand or the hand that is pushing against the head to move it a bit further?

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## rkostoff

How do these neck exercises differ fundamentally from the MacKenzie neck exercises (which have been around for decades)?

Posted On 03/19/2024

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## MoMac46

Will certainly try to do those neck exercises - maybe it will help my recent shoulder and bicep pain - thank you

Posted On 03/19/2024

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## MoMac46

For the last hour I have tried the neck exercises and I certainly had crepitus noise but I do feel it has helped the pain in my shoulders already - imagined or not, for that I am truly grateful and I will keep doing these exercises. Thank you

Posted On 03/19/2024

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