

# DURABAND® NECK STRENGTHENING EXERCISE TRAINER

Focused exercises for neck strengthening and concussion reduction

**CAUTION: ENCLOSED EYE PROTECTION MUST BE WORN AT ALL TIMES - EXERCISES SHOWN WITHOUT EYE PROTECTION ARE FOR DEMONSTRATION PURPOSES ONLY.**

## PHASE 1 & PHASE 2 EXERCISES

Neck strength/control are of the utmost importance when falling or during contact to help minimize rapid head movement. For example, in order to prevent the head from hitting the ground, the abdominal and neck flexor muscle groups must rapidly activate to control and stabilize the head prior to rapid head movement. Combining these exercises, i.e. resistance to head/neck and abdominals, simulates actual contractions that occur during a fall or during contact.

## PHASE 2 Neck and Abdominal Training Exercises

### ISOTONIC NECK EXTENSION



Attach harness to head so that D-Ring is in front between the eyes and level with the ground. With tension in the band, extend head back to neutral (half-way back) position and **release**. **SUGGESTED TO KEEP EYES CLOSED DURING THIS EXERCISE.**

### ISOTONIC NECK FLEXION



Attach harness to head so that D-Ring is directly behind head and level with the ground. With tension in the band, pull head forward to neutral (half-way point) position and **release**.

### ISOTONIC NECK LATERAL BENDING



Attach harness to head so that D-Ring is directly above ear on side of head and level with the ground. Attach band directly to side of head parallel to the door. With tension in the band, move ear towards shoulder, away from connection point and **release**.

### ISOTONIC NECK ROTATION



Attach harness to head so that D-Ring is in front between the eyes and level with the ground. Rotate the body so the side of face is parallel to the door. With tension in the band, rotate head away from connection site and **release**. Finish exercise by turning body back to starting position.

### ABDOMINAL WITH NECK FLEXION



Attach harness to head so that D-Ring is directly behind head and level with the ground. With tension in the band, perform a crunch or partial sit up until resistance is felt on the neck and abdominal area. Keep head in slight forward bent position during exercise.

### BACK NECK EXTENSION



Attach harness to head so that D-Ring is in front between the eyes and level with the ground. With tension in the band, perform a backward extension straightening the spine to an upright position until resistance is felt on the back of neck and low back region. **SUGGESTED TO KEEP EYES CLOSED DURING THIS EXERCISE.**

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www.duraband.com  
800-860-2228

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## PHASE 3 & PHASE 4 EXERCISES

Functional exercises are performed to simulate real life movements, some also being sports specific. These exercises are focused to strengthen the neck muscles to stabilize the head during movement.

### SHIFTING WEIGHT WITH LATERAL MOVEMENT



Attach harness to head so that D-Ring is in front between the eyes and level with the ground. Rotate body so side of face is parallel to door. With tension in the band and keeping head looking straight, bend knee furthest from connection site and shift body allowing leg closest to connection site to go straight.

### SQUATTING WITH LATERAL MOVEMENT



Attach harness to head so that D-Ring is in front between the eyes and level with the ground. Rotate body so side of face is parallel to door. With tension in the band, keep head looking straight and squat bending both knees to 90 degree angle. While shifting body, bend knee allowing other leg to go straight.

### SIMULATED SPORT ACTIVITY WITH NECK RESISTANCE



Attach harness to head so that D-Ring is directly behind head. With tension in the band assume the fielding position with back flat and bent knees and **hold**. Head should be in normal fielding position looking down at the ball.

### FOUR POINTS WITH LATERAL MOVEMENT



Attach harness to head so that D-Ring is directly above ear on side of head. Rotate body so side of face is parallel to door. With tension in the band, and keeping knees from moving, rotate trunk and hands away from connection site.

### PIVOTING WITH LATERAL MOVEMENT



Attach harness to head so that D-Ring is in front between the eyes and level with the ground. With tension in the band, keep head looking straight and pivot foot still, shift body allowing knee to bend and pivot foot leg to go straight.

## PHASE 4 Eccentric Advanced Rapid Deceleration Exercises

### RAPID DECELERATION NECK EXTENSION



Attach harness to head so that D-Ring is in front between the eyes. With tension in the band, begin with head extended backward tipped at a 45 degree angle. Quickly allow head to come forward and attempt to stop it before tension is released in the band. The movement should be short but quick causing the muscles to react rapidly. **SUGGESTED TO KEEP EYES CLOSED DURING THIS EXERCISE.**

### RAPID DECELERATION NECK FLEXION



Attach harness to head so that D-Ring is directly behind head. With tension in the band, begin with head extended forward tipped at a 45 degree angle. Quickly allow head to extend backward and attempt to stop it before tension is released in the band. The movement should be short but quick causing the muscles to react rapidly.

### RAPID DECELERATION NECK LATERAL BENDING



Attach harness to head so that D-Ring is directly above ear on side of head. With tension in the band, begin with head tipped at a 45 degree angle away from connection site. Quickly allow head to return to neutral position and attempt to stop it before tension is released in the band. The movement should be short but quick causing the muscles to react rapidly.

### RAPID DECELERATION NECK ROTATION



Attach harness to head so that D-Ring is in front between the eyes and level with the ground. Rotate the body so the side of face is parallel to door. With tension in the band, begin with head turned 1/3 away from connection site. Quickly allow head to return to neutral position and attempt to stop it before tension is released in the band. The movement should be short but quick causing the muscles to react rapidly.

## GENERAL EXERCISE GUIDELINES

- Before starting exercise program consult with your medical professional.
- Your Trainer may not contain all band resistance levels. Purchase additional resistance levels at [www.duraband.com](http://www.duraband.com). The levels of resistance are:  
RED - Extra Light GREEN - Medium VIOLET - Maximum  
ORANGE - Light BLUE - Heavy
- Perform all exercises using a slow, controlled motion both during elongation and retraction of the band, and according to the instructional sequences of each exercise. If you experience neck or head pain during exercise, discontinue use.
- In general start with 1 set of 10 repetitions for each exercise with a color/band that you can perform at least 10 repetitions.
- Progress to 3 sets of 10 repetitions for each exercise as you are able. Adult supervision is required when used by minors.
- After 3 sets of 10 can be performed comfortably, progress to the next highest band resistance level.
- Perform every exercise with correct form. Don't progress sets, reps or band color if the exercise can't be performed with correct motion for all repetitions.
- Specially designed band-adjuster is used to vary length of band. A longer length provides less resistance, a shorter length more resistance.
- NEVER STRETCH BANDS BEYOND 2x THE ADJUSTED LENGTH. ENSURE ALL CLIPS ARE SECURELY FASTENED, AS ANY RECOIL COULD CAUSE EYE DAMAGE.
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