

## Range of Motion (ROM) Exercises After Neck Lift

### Purpose:

Gentle movement after surgery helps prevent stiffness, supports circulation, and encourages comfortable healing. These exercises should only be started once your surgeon clears you (typically 2–3 weeks after surgery).

### General Guidelines:

- Perform exercises 2–3 times daily, unless otherwise directed.
- Move slowly and smoothly — never force or bounce.
- Mild tightness is normal, but stop if you feel pain, pulling at your incision, or dizziness.
- Do all exercises in a seated or standing position with good posture.
- These movements are meant to maintain flexibility, not to stretch deeply.

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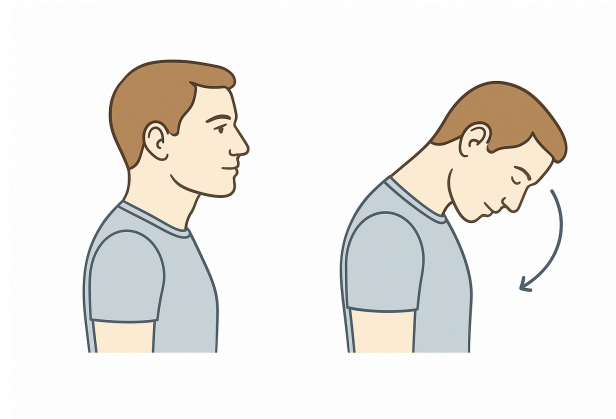
### Tips for Success

- Best done in front of a mirror for slow, controlled movement.
- Combine with deep breathing for relaxation.
- Stop exercises immediately if you notice swelling, redness, pain, or incision pulling — and notify our office.
- Your surgeon may adjust your exercise plan depending on your progress.

## Exercises

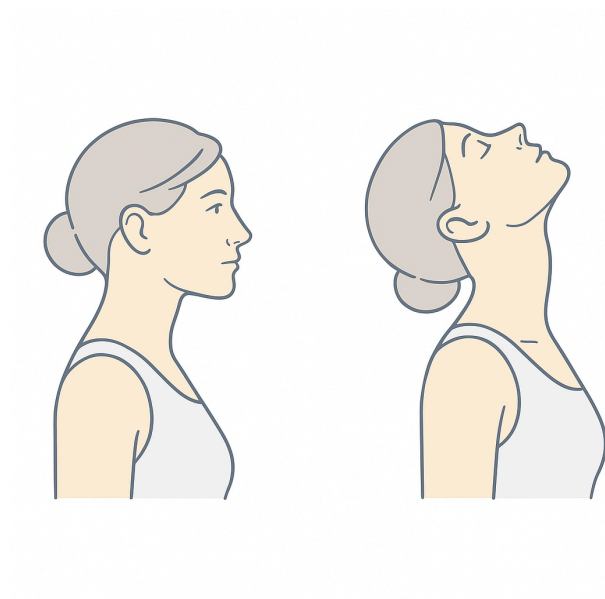
### 1. Neck Flexion (Chin to Chest)

- Slowly lower your chin toward your chest.
- Hold 3–5 seconds, then return to neutral.
- Repeat 5–10 times.



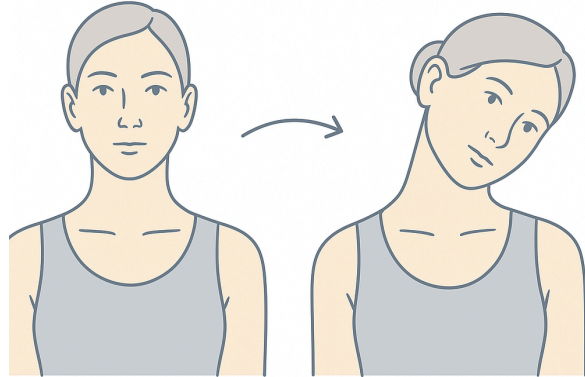
### 2. Neck Extension (Looking Upward)

- Gently tilt your head back to look toward the ceiling.
- Hold 3–5 seconds, then return to neutral.
- Repeat 5–10 times.



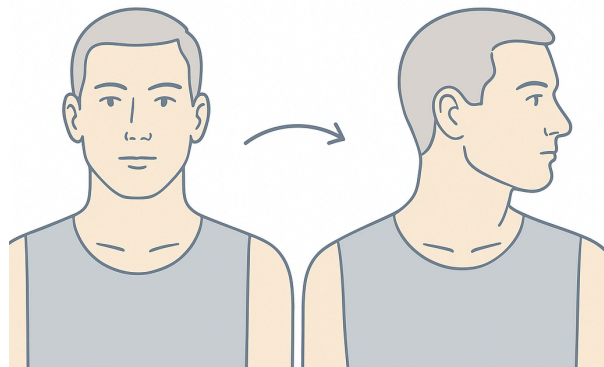
### 3. Lateral Flexion (Ear to Shoulder)

- Tilt your head toward your right shoulder (keep shoulders relaxed).
- Hold 3–5 seconds, return to neutral.
- Repeat on the left side.
- Do 5–10 times each side.



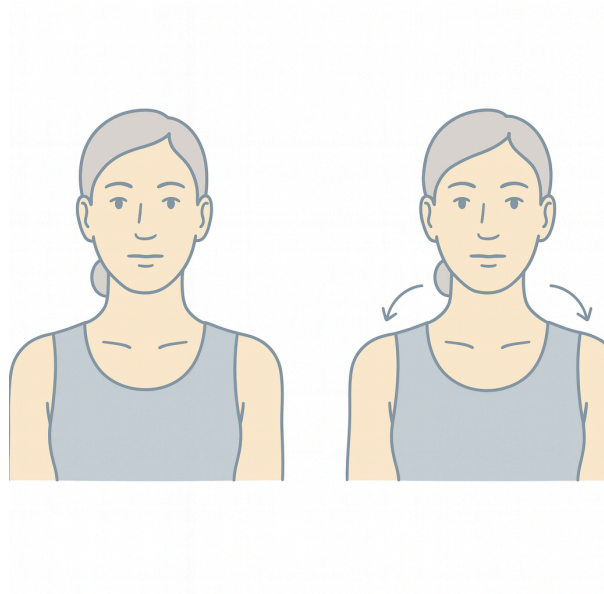
### 4. Rotation (Turning Head Side to Side)

- Slowly turn your head to the right as if looking over your shoulder.
- Hold 3–5 seconds, return to center.
- Repeat on the left side.
- Do 5–10 times each side.



## 5. Shoulder Rolls

- Lift shoulders up, then roll them back and down in a smooth circle.
- Repeat 10 times, then reverse direction.
- Helps relieve neck and upper back tension.




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## Safety and When to Call the Office

- These exercises should feel gentle and never cause pain.
  - Stop immediately if you notice:
    - Sharp or persistent pain
    - Pulling or pressure at the incision site
    - Increased swelling or redness
    - Dizziness or lightheadedness
  - If you have any concerns, contact our office for guidance.
  - For urgent concerns (such as: fever over 101°F, significant drainage, difficulty breathing, or chest pain), seek immediate medical attention.
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