

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.

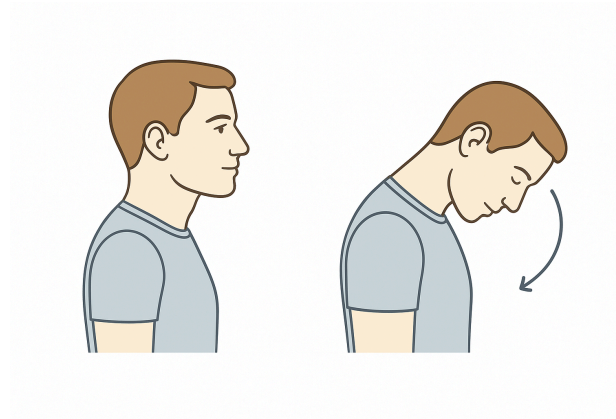
Tips for Success

- 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

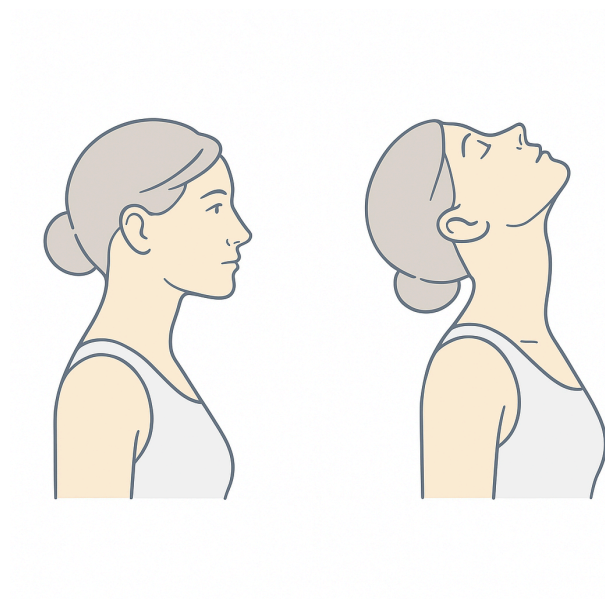
1. Neck Flexion (Chin to Chest)

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



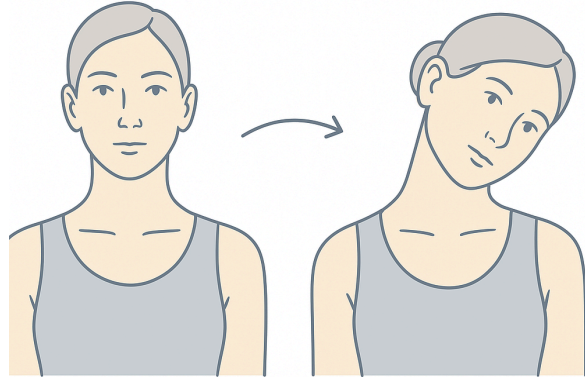
2. Neck Extension (Looking Upward)

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



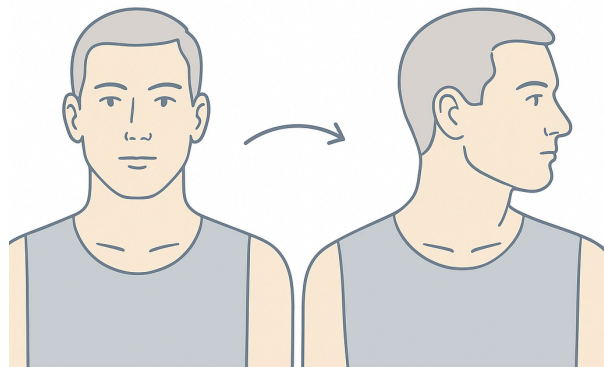
3. Lateral Flexion (Ear to Shoulder)

- 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.



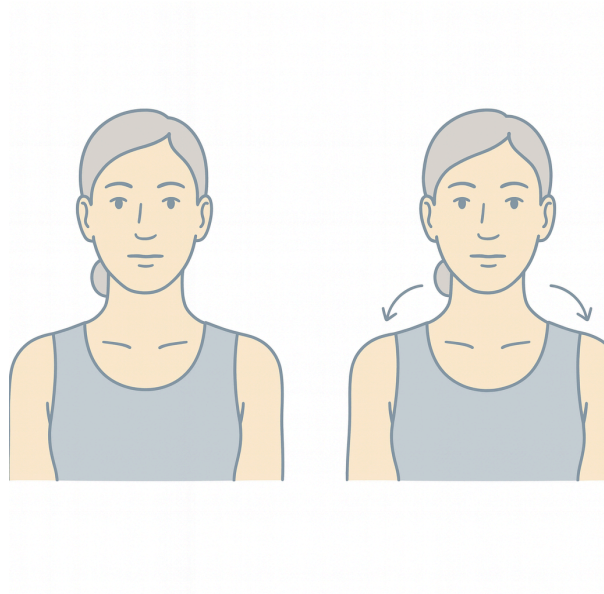
4. Rotation (Turning Head Side to Side)

- 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.



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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