

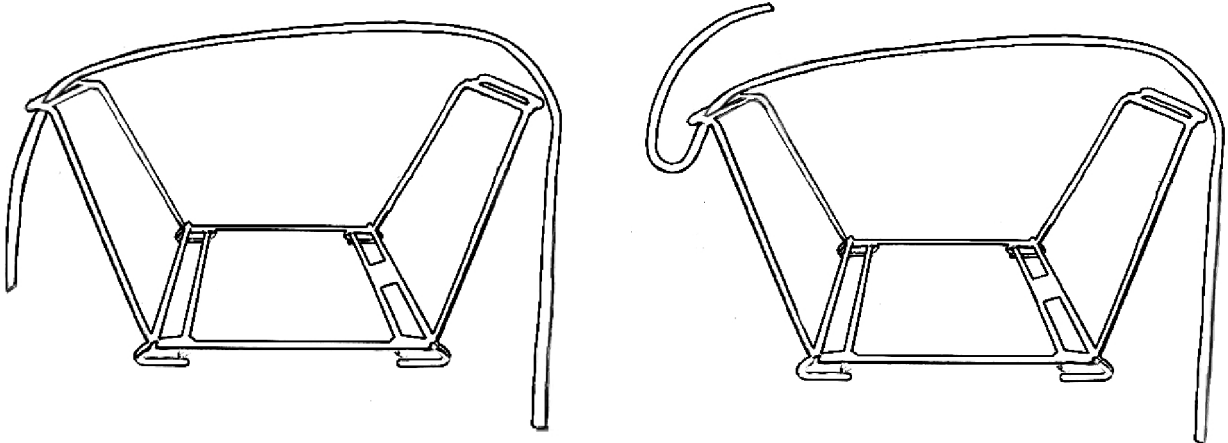
# NeckTek<sup>®</sup>™

**To strengthen, stabilise and improve posture**

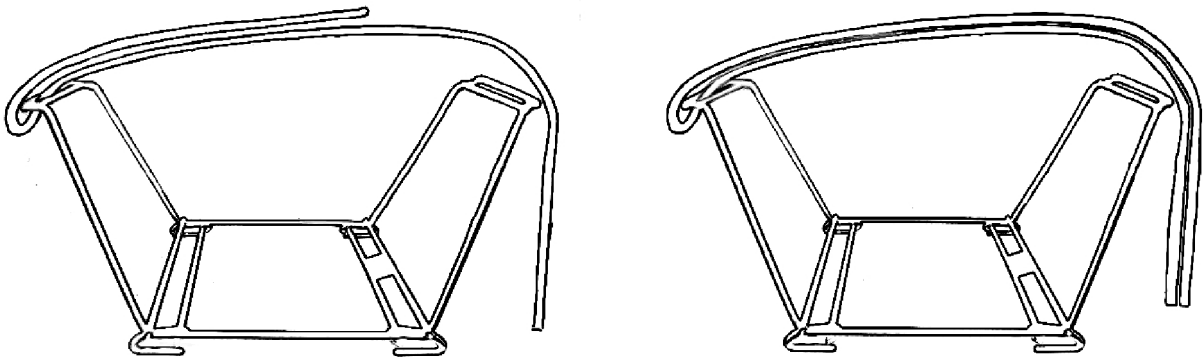


Visit us on Facebook and [necktek.com](http://necktek.com) to receive regular updates on health, posture and exercise.

1. Remove the NeckTek frame from the packaging and unfold the arms. It will arrive inside out and upside down. Unfold the arms until they stop



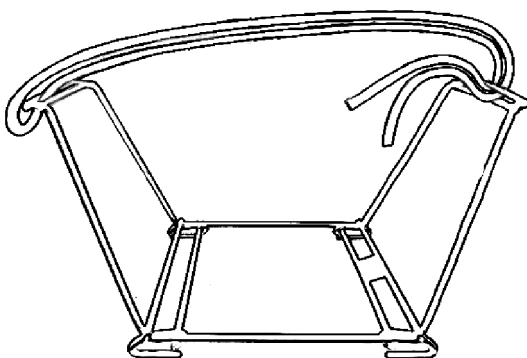
2. Hold the arms up and thread the elastomer band through the slot at the end of one arm and fold it back towards the other. NOTE the product label should be visible.



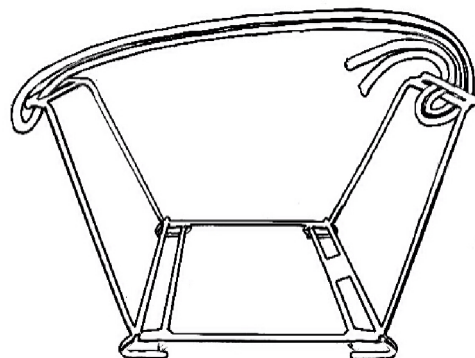
3. Take the two ends of elastomer & bring them to the other arm. At this point you can tape them together if it makes threading easier. Fold them over the end bars and up through the slot between them. Pull taught and the band will hold firm. You can adjust the resistance and begin using your NeckTek. **For Option A the band can also be secured with the bulldog clip provided. This is easier to adjust for your clinic.**

See how to assemble your NeckTek on YouTube

Option A



Option B



## Instructions for Use

Find a flat comfortable surface in an area with minimal distractions to use your NeckTek. Lie on your back with your knees bent and the back of your head centred comfortably on the NeckTek band.

Relax and let the weight of your head settle into the resistance band.

Your head should sit relaxed, a few centimetres off the ground with your neck in a comfortable neutral position.

This position may be higher or lower from the ground depending on your posture. Adjust the tension of the band to suit you.

Use your hands to feel that the muscles in your neck are relaxed.

When exercising, try to take your head back as far as is comfortable, eventually to the floor. The muscles at the front of the neck should remain relaxed throughout.

Aim to strengthen yourself in this position in keeping with your perfect posture. The back of your head in line with your spine, your shoulders low and level.



# NeckTek

---

## Beginner Exercises

### 1. Isometrics:

Start in the afore mentioned position with your knees bent and head resting in the centre of the resistance band. Tuck your chin in slightly and gently push the back of your head towards the floor. Let the muscles at the back of your neck do the work.

Hold for 6 to 10 seconds breathing slowly, then relax for 6 to 10 seconds and repeat. Keep the muscles at the front of your neck relaxed during the exercise.



### 2. Eyes with Neck:

Tuck your chin in slightly and gently push the back of your head towards the floor. Holding your head still, move your eyes to the right for 3 to 10 seconds then to the left for 3 to 10 seconds. Start with 3 second holds and increase over time as you get stronger.



### 3. Eye Quadrants:

As you advance you can include quadrants to your eye exercises. With your head pushed towards the floor, move your gaze to the top right corner of your eye sockets, hold 3 to 10 seconds, then move them to the top left corner of the eye sockets. Again start with 3 second holds and increase to 10 seconds as your strength improves.

## Intermediate Exercises

### 1. Neck Stability with Movement:

Tuck your chin in slightly and gently push the back of your head towards the floor. Turn your eyes to the right, then slowly turn your head to the right as far as you are comfortable, then slowly return to the centre. Now turn your eyes left and slowly turn your head to the left, then slowly return to the centre.

### 2. Fixed Point Gaze with Stability:

Tuck your chin in as far as you are comfortable and gently push the back of your head towards the floor. Focus your eyes on a fixed point directly above you. Maintain your focus on the fixed point and your head's distance from the floor, whilst turning your head slowly to the right, and slowly back to the centre. Repeat the exercise with your eyes fixed turning your head slowly to the left.



### 3.Fixed Point Gaze with Stability II:

Tuck your chin in slightly and gently push the back of your head towards the floor. Focus your your eyes on a fixed point directly above you. Maintain your focus on the fixed point and your distance from the floor, whilst tilting your head slowly to the right bringing the ear closer to the shoulder, as far as you are comfortable and slowly back to the centre. Repeat the exercise with your eyes fixed tilting your head slowly to the left shoulder.

#### Advanced Exercises

##### Exercises in Standing:

Hold your NeckTek against a wall at head height. Stand tall with your back on the wall, your feet slightly apart with your heels 7 to 10 centimetres from the wall. Position the back of your head on the centre of the NeckTek band. If you are standing correctly with the NeckTek at the correct height, the pressure from your head will hold the NeckTek firmly in place against the wall. Complete the beginner exercises the same way you did lying down.

##### Intermediate:

Complete the intermediate exercises in standing be sure that your shoulders are relaxed and touching the wall.

##### Core Abdominals:

Core abdominal exercises can be performed in conjunction with your NeckTek exercise both lying down and in standing under the instruction of your therapist.

##### Scapula Stability:

Scapula stability exercises can be performed in conjunction with your NeckTek exercise both lying down and in standing under the instruction of your therapist.

Your therapist can show you which exercises are most appropriate for you, advise you on when to progress your exercises and how your NeckTek routine can be performed in conjunction with core abdominal and scapula stability exercises.



## Recommendations and Precautions

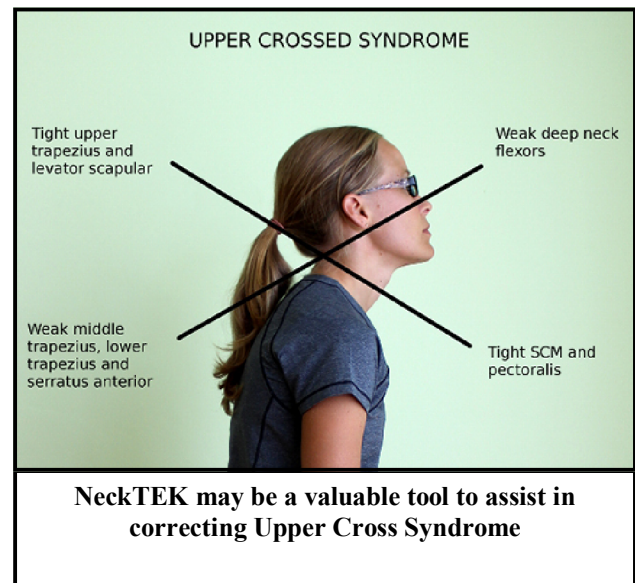
Aim to repeat each exercise slowly and painlessly 6 to 8 times

Depending on use, replace the elastomer band when it appears worn or every 6-12 months.

Store your NeckTek out of direct sunlight as UV will deteriorate the resistance band.

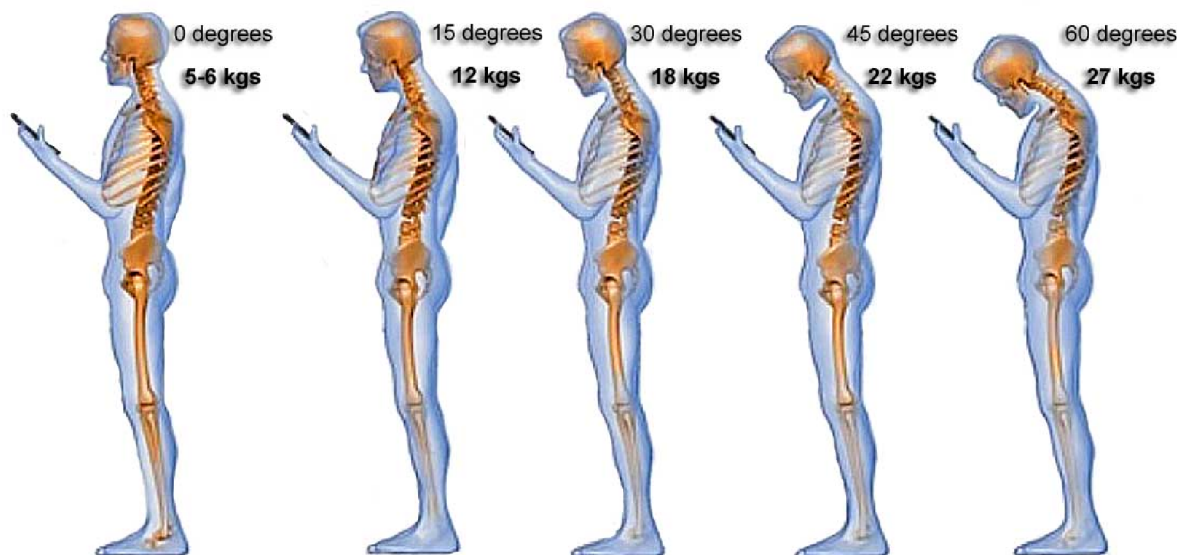
You should experience no pain or dizziness during these exercises.

It is important for neck strengthening to be combined with other core stability exercises, scapula stability exercises and stretching.



Your therapist can show you which exercises are most appropriate for you, advise you on when to progress your exercises and how your NeckTek routine can be performed in conjunction with core abdominal and scapula stability exercises.

Once you find the exercises easy, take your head closer to the floor, increase the tension on the band of your NeckTek or replace with a band of greater resistance.



**Mobile Phone Text Messaging Posture**

This figure illustrates the daily stress created by smartphone use and the importance of posture on spine health.

**For further exercises please visit [www.necktek.com](http://www.necktek.com)**

## **Acute Neck Pain Protocol**

Place a flexible ice pack on the band of your NeckTek and a layer of wet material (washer/tea towel) on top of that.

Lie back on the ice pack with your head centred comfortably on the band and the ice pack wrapping around the top of your neck. Often, your acute neck pain will be reduced with your head in a higher position from the floor, so you may need to tighten the band to hold your head in a comfortable position.

Maintain the ice pack application for 20-30 minutes, then remove the ice pack and spend 5 minutes consciously relaxing into the band.

Follow this by doing 5 of each of the Beginners exercises. Repeat in 60 minutes.

There is strong evidence to support the early application of ice to relieve acute neck pain and, particularly ice to the carotid arteries, to relieve migraine.

**IMPORTANT NOTE:** Some conditions contraindicate the use of ice, so if in doubt, or if pain persists, consult your doctor or therapist.

NeckTek is available for online purchase through  
[www.necktek.com](http://www.necktek.com)  
and [www.aokhealth.com](http://www.aokhealth.com)

**Wholesale orders can be submitted through**  
[www.aokhealth.com](http://www.aokhealth.com)  
**Or [sales@aokhealth.com](mailto:sales@aokhealth.com)**

NeckTek is a registered trademark.  
NeckTek has been granted an Australian patent and has patents pending internationally.  
NeckTek is a registered design with IP Australia.  
NeckTek is a subsidiary of Sherborne Pty Ltd trading since 2002

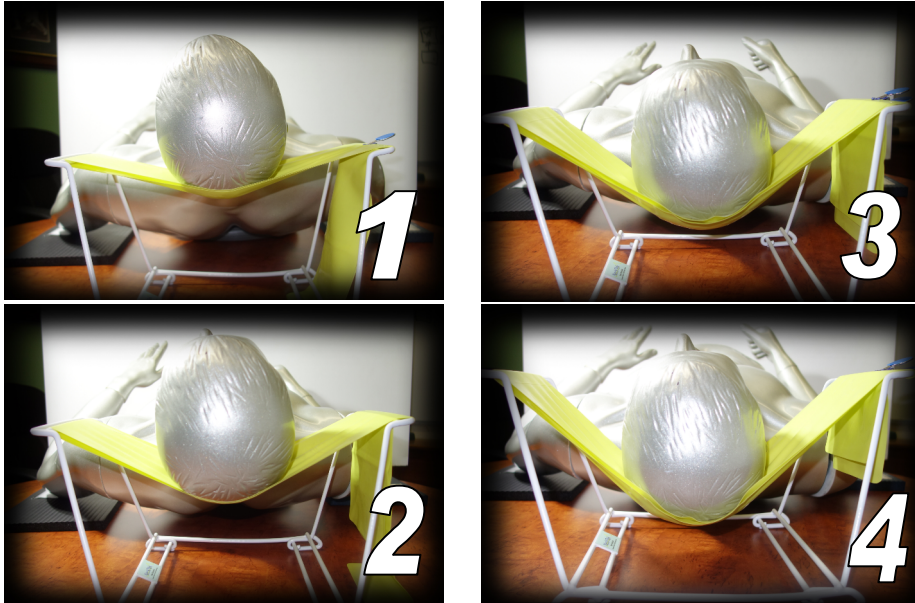


copyright  
all rights reserved



## NeckTek

Resistance Band is available from AOK in 120cm lengths, ideal for the NeckTEK, and you can increase/decrease resistance by choosing a stronger band, using 2 bands or by decreasing the starting tension. Using a Bulldog Clip makes this very simple.



**Retail and Wholesale Sales are  
available from AOK Health Pty Ltd**

**1300 790 900**

**AOK**<sup>TM</sup>  
LEADERS IN NEUROMUSCULAR RETRAINING  
[www.aokhealth.com](http://www.aokhealth.com)

**NeckTek**<sup>®TM</sup>

NeckTek aims to promote neck health and strength through simple regular exercise. To work with people who's daily posture creates tension headaches and neck pain by developing a simple, portable method of exercises that can counteract the daily build up of neck stress. To create an affordable and effective treatment to prevent and correct the onset of cervico-thoracic kyphosis (dowagers hump).