

Exercises After Neck Dissection While Receiving Radiation

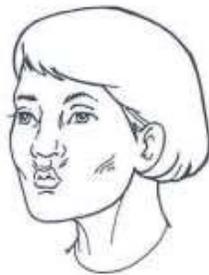
These exercises are designed to improve the range of motion (flexibility) of your neck and jaw. Follow the guidelines below.

- Begin these exercises when you start your course of radiation treatment.
- Radiation causes tightness of the tissue in the treated area. It is important that you perform these exercises daily and for an extended period of time after completing radiation treatment.
- Continue to do the exercises until you achieve full neck and jaw movement.
- Perform the exercises slowly, allowing your muscles to stretch. Hold the stretch for five seconds.
- Ask your doctor for a referral to Physical and Occupational Therapy if you begin to experience swelling of the face or neck, continue to have limitation of motion or difficulty with resuming normal dressing, bathing, grooming or other daily activities.
- For more information, call the **Rehabilitation Services Department** at 904-202-7300.



These two exercises help you control the function of your mouth.

1. Turn the corners of your mouth up
2. Hold 5 seconds
3. 5 repetitions, 3 times per day

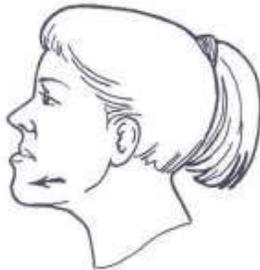


1. Suck in your cheeks and push your lips forward
2. Hold 5 seconds
3. 5 repetitions, 3 times per day



These three exercises help you open your mouth wide:

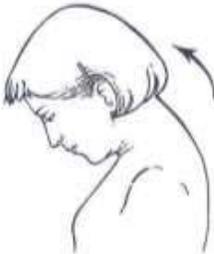
1. Gently stretch your mouth open
2. Hold 5 seconds
3. 5 repetitions, 3 times per day



1. Jut your lower jaw forward as shown
2. Hold 5 seconds
3. 5 repetitions, 3 times per day



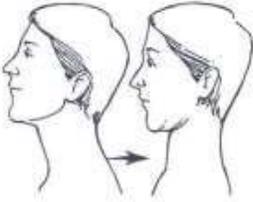
1. Move your lower jaw side to side
2. Hold 5 seconds each direction
3. 5 repetitions, 3 times per day



These four exercises help you keep your neck flexible. They also help promote good posture.

1. Sit with good posture
2. Bend neck forward as shown
3. Hold 5 seconds
4. 5 repetitions, 3 times per day

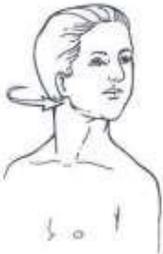
Patient Education



1. Sit with good posture.
2. Tuck your chin in and pull your head straight back
3. Hold 5 seconds
4. 5 repetitions, 3 times per day



1. Sit with good posture
2. Keeping face forward, tip ear toward shoulder. Repeat to opposite shoulder.
3. Hold 5 seconds each side
4. 5 repetitions, 3 times per day



1. Sit with good posture
2. Turn head to look over your shoulder, without moving your body . Repeat to opposite shoulder.
3. Hold 5 seconds each side
4. 5 repetitions, 3 times per day