

# THE IRON NECK

## Move Well Physiotherapy

The Iron Neck was designed to help you achieve your health, safety and endurance goals. That may be on many different fields of completion or simply reducing pain and increasing mobility in every day life. As you become more confident with The Iron Neck, explore it's power to get the very most out of your neck.

## What is The Iron Neck?

The Iron Neck is an innovative approach to training and treating the neck by **STRENGTHENING** it, the way it naturally moves. Through rotational and diagonal movements, The Iron Neck gives you the freedom to move your head and neck in a safe and controlled manner, building strength in every position and improving range of motion providing a solution for reducing injuries and improving overall wellness.

Move Well Physiotherapy knows that the neck is one of the most **UNDERTRAINED** and neglected parts of the human body. Move Well Physiotherapy Rivervale cares about your neck and we have purchased two Iron Neck Pro's that works with any weight- loaded pulley system or pneumatic resistance bands. Your Move Well Physiotherapist will start you off with the 6 foundational movements, as these are the beginning to discovering your necks position. The Iron Neck molds to you and can help you develop strength and mobility based on **YOUR UNIQUE** movements and limitations!

## The Iron Neck was invented by:

Mike Jolly in 2012, Mike began researching ways to prevent concussions and focused on:

1. Neck training as a proactive measure to reduce concussion risk.
2. Decrease threat of rotational forces on the brain





## Benefits of training with The Iron Neck?

- Builds Strength
- Improves Flexibility
- Improves Range of movement
- Helps you regain your necks mobility
- Decreases tension headaches
- Improves posture problems (Text Neck)
- Reduces concussion risks in athletes
- Improves Whiplash Symptoms

## Move Well Physiotherapy suggests some of the situations where you should be training your neck:

- Following a whiplash injury to rehabilitate the neck
- ALL contact sport where 'hits' are common such as Rugby, AFL, and Martial Arts etc. A strong neck may reduce the severity of any potential concussions as it may reduce the rattling of the brain after a hit.
- Training the neck extensors may help the upper extremities get stronger.
- It is important to train the neck muscles if the use of the computers and smart phones gives you neck pain or headache, as through range of movement strengthening of these muscles will support you better and they are less likely to fatigue.

# Example of a Move Well Physiotherapy Iron Neck Whiplash program

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<b>PHASE 3</b>	Iron neck - Strengthening
<b>EXERCISE PROTOCOL FOR</b>	Cervical Spine
<b>AIM OF STAGE</b>	To increase strength in every position and improve ROM
<b>DESCRIPTION</b>	Inner range holds, very slow and controlled movements
<b>INTENSITY</b>	Medium Intensity (Avoid speed exercises should be done slowly)
<b>HOLD FOR</b>	2 SECONDS
<b>REST IN BETWEEN SETS</b>	2 minute
<b>REPEAT</b>	8 REPS on each side and repeat 2 SETS
<b>ADDITIONAL NOTES</b>	<p>The Iron Neck is used for the highest level of control. Your Move Well Physiotherapist has designed each Design specific protocols that will help start each you on the appropriate level based on your profile.</p> <p>The Iron Neck targets muscle groups through 360 degrees of movement against isometric and isotonic contractions. Which is a combination of Phase 1 and Phase 2 of the whiplash program.</p>

PHASE 3: EXERCISES AND DESCRIPTIONS	PICTURE
<p><b>1. PROTRACTION-RETRACTION</b></p> <p>Your Move Well Physiotherapist will ensure that the Iron Neck is attached correctly according to your height. Stand upright, keeping back straight with a slight forward trunk lean. With the iron neck resistance cable attached ahead of you, extend your chin forward as far as you can without moving your shoulders. Hold this position for 5 seconds then return neck to retracted position, this counts as 1 rep. Keep the Iron Neck parallel to the floor throughout the exercise. DO 8 reps facing forwards and backwards</p>	
<p><b>2. LEFT-RIGHT</b></p> <p>Slowly turn the head to the left then right. You can perform this exercise being seated or standing. Do not turn your shoulders, try and keep them square throughout the exercise. Repeat 8 times on each side.</p>	

### 3. LOWER TRAPEZIUS

Start the exercise by standing sideways to the Iron Neck (so that the Iron Neck is on your left hand side)- now simply pull your shoulders back that it is not rounded. Be very careful not to use your arm to help the movement. Head needs to stay as still as possible with only the body moving. Repeat so that the Iron neck resistance band is on your right hand side.



### 4. FIGURE OF 8'S

Your Move Well Physiotherapist will draw a side lying figure of 8 on a wall that is in front of you. Begin following the figure of 8 with your nose. Begin with small loops then to larger ones. Complete 8 reps tracing each direction.



### 5. ADVANCE TO ABC's

Your Move Well Physiotherapist will draw the letters A, B and C. Trace each letter like the above exercise. Progress by trying to increase speed and hold an arm out as you try and do it then progress to standing on a balance disc.

