Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Exercises After Your Head and Neck Surgery

This video will show you exercises you can do after your head and neck surgery.

Please visit www.mskcc.org/pe/exercises-head-neck-surgery to watch this video.

This video was published in July 2019. It was last reviewed for accuracy in September 2026.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Exercises After Your Head and Neck Surgery - Last updated on September 17, 2026
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