

BASIC EXERCISES FOR NECK PAIN

GOALS

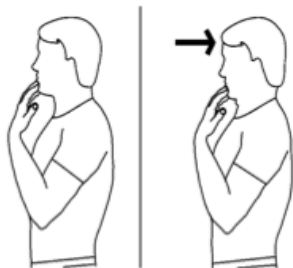
Stabilize the muscles in your neck to improve function.
Reduce pain in the area.

INSTRUCTIONS

Equipment: Chair close to a wall

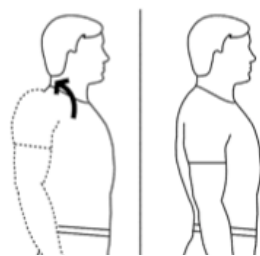
- Sit in the chair to perform these exercises.

The instructions below represent one set of exercises.
Perform up to 3 sets 1-2 times per day.



NECK PAIN 1 CHIN TUCKS

Sit in the chair with your back against a wall. **Pull your head straight back, keeping eyes and jaw level.** Do not bend your neck up or down. Try to get the back of your head to touch the wall. Hold 10 seconds. Relax and return to starting position. Repeat up to 10 times.



NECK PAIN 2 SHOULDER SHRUGS/ REVERSE ROLLS

Sit up straight at edge of chair. **Shrug shoulders up and back as in doing a reverse shoulder roll.** At the peak of the shrug, squeeze shoulder blades together. Hold 10 seconds. Relax and return to starting position. Repeat up to 10 times.



NECK PAIN 3 RESISTED NECK EXTENSION

Sit up straight at edge of chair. **Apply light pressure to the back of your head with your hand as you push your head into your hand.** Feel your muscles engage without creating movement. Do not bend your neck forward or back. Hold 10 seconds, then relax. Repeat up to 10 times.



NECK PAIN 4 RESISTED NECK FLEXION

Sit up straight at edge of chair. **Apply light pressure to your forehead with your hand as you push your forehead into your hand.** Feel your muscles engage without creating movement. Do not bend your neck forward or back. Hold 10 seconds, then relax. Repeat up to 10 times.



NECK PAIN 5 RESISTED NECK SIDE BENDING

Sit up straight at edge of chair. **Apply light pressure to the side of your head above your ear.** Feel your muscles engage without creating movement. Do not actually bend your neck sideways. Hold 10 seconds, then relax. Repeat up to 10 times.



NECK PAIN 6 RESISTED NECK ROTATION

Sit up straight at edge of chair. **Apply light pressure to the side of your chin with your hand.** Feel your muscles engage without creating movement. Do not actually rotate your neck. Hold 10 seconds, then relax. Repeat up to 10 times.

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ADDITIONAL INSTRUCTIONS

- Perform drills in the sequence listed unless otherwise advised by your therapist.

PRECAUTIONS

- Do not hold your breath while performing exercises.
- Avoid jerky movements.
- Perform these drills respecting your pain.
- You may experience soreness from some of these drills. DO NOT perform these to the point of aggravating your symptoms.

NOTES: