

Neck Exercises



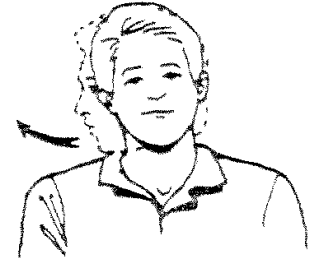
Dr. Ho

If any of these exercises significantly worsen your pain, stop doing them and contact your healthcare provider.

STRETCHING AND RANGE OF MOTION

Neck Rotation Stretch

- Turn your head slowly to the left, moving it gently to the point of pain, and holding it there for about 3 seconds. Move it back to a straight-forward position, relax, and take a deep breath.
- Next, repeat the procedure towards the right, and returning to the straight-forward position, relax and breathe. This is one repetition.
- Do at least 2 sets of 10 repetitions a day.



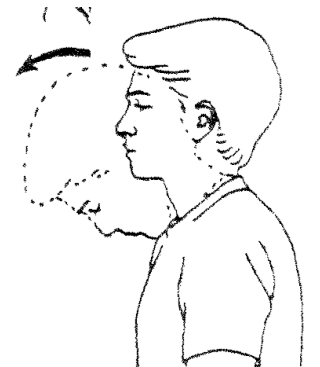
Neck Side-Bending Stretch

- Tilt your head slowly towards the left shoulder, moving it gently to the point of pain and making sure you do not turn your head while you do so. Hold that position for about 3 seconds. Then, move your head back to a straight-forward position, relax, and take a deep breath.
- Next, repeat the procedure towards the right, and returning to the straight-forward position, relax and breathe. This is one repetition.
- Do at least 2 sets of 10 repetitions a day.



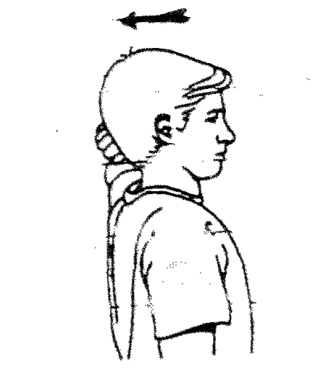
Neck Flexion Stretch

- Bend your head slowly forward, bringing your chin towards your chest, moving it gently to the point of pain, and holding it there for about 5 seconds.
- Then, move your head back to a straight-forward position, relax, and take a deep breath. This is one repetition.
- Do at least 2 sets of 10 repetitions a day.



Neck Extension Stretch

- Bend your head slowly back, pointing your chin towards the sky, moving it gently to the point of pain, and holding it there for about 5 seconds.
- Then, move your head back to a straight-forward position, relax, and take a deep breath. This is one repetition.
- Do at least 2 sets of 10 repetitions a day.



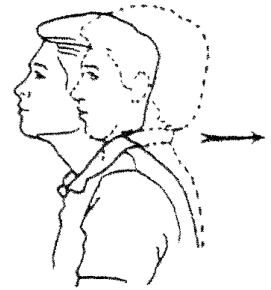
*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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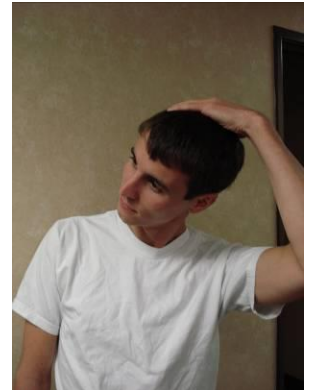
Chin Tucks

- Gently push your head straight back, tucking your chin in as if to make a “double chin.” Do not look up or down with your face. Hold that position for about 5 seconds.
- Then, move your head back to a neutral position, relax, and take a deep breath. This is one repetition.
- Do at least 2 sets of 5 repetitions a day.



Trapezius Stretch

- (For right side) With your right arm behind your lower back, look toward the affected side and with the opposite hand pull toward the thigh of the same leg as the hand on the head.
- Hold this gentle stretch for about 30 seconds.
- Move your head back to a neutral position, relax, and take a deep breath.
- Repeat the process for the other side. This is one repetition.
- Do at least 2 sets of 3 repetitions a day.



Levator Scapulae Stretch

- (For right side) With your right arm behind your lower back, look away from the affected side (bending neck so that the chin is pointing to the shoulder), and with the opposite hand pull toward the thigh of the same leg as the hand on the head.
- Hold this gentle stretch for about 30 seconds.
- Move your head back to a neutral position, relax, and take a deep breath.
- Repeat the process for the other side. This is one repetition.
- Do at least 2 sets of 3 repetitions a day.



STRENGTHENING

Neck Isometric Flexion

- Place the palm of your hand against your forehead and gently push your forehead into your hand, holding for about 5 seconds.
- Move your head back to a neutral position, relax, and take a deep breath. This is one repetition.
- Do at least 3 sets of 5 repetitions a day.

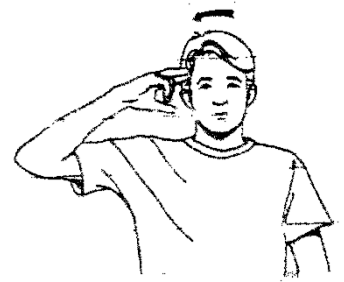


Neck Isometric Extension

- Clasp your hands and fingers together behind your head and gently press the back of your head into your hands, holding for about 5 seconds.
- Move your head back to a neutral position, relax, and take a deep breath. This is one repetition.
- Do at least 3 sets of 5 repetitions a day.

Neck Isometric Side-Bending

- Place the palm of your hand against the side of your head and gently push your head into your hand, holding for about 5 seconds.
- Move your head back to a neutral position, relax, and take a deep breath. This is one repetition.
- Do at least 3 sets of 5 repetitions a day.



Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, Ho GWK, Lewis J. *100 Questions & Answers About Your Sports Injury*. Sudbury: Jones and Bartlett Publishers 2008.