

Neck Mobility and Strengthening Exercises





AIMS

- Reduce pain and inflammation
- Improve mobility
- Improve strength
- Improve posture
- Improve muscle control

Warning: Perform all exercises in a slow and controlled manner. If you experience dizziness, blurred vision, fainting, disorientation, shooting pain, numbness, or unusually severe pain you should contact your doctor.

EXERCISES - to be completed **3** times per day.

EXERCISE	DETAILS
	<p>Heat pack: can help relax tight muscles, use only for 20 minutes at a time</p> <p>Aim to have a correct posture at all times, this includes:</p> <ul style="list-style-type: none">• Slight curve in lower back• Shoulders back and relaxed• Chin back, mouth and jaw relaxed
	<p>HEAD ROTATION</p> <ul style="list-style-type: none">• Lying on your back with your head on a pillow• Gently turn your head from one side to the other• Repeat 10 times to each side



NECK ROTATIONS

- Sitting in correct postural position
- Gently turn your head from one side to the other
- Look where you are going, progressively aim to see the wall in line with your shoulder
- This exercise is similar to the rotation done in lying
- Repeat 10 times



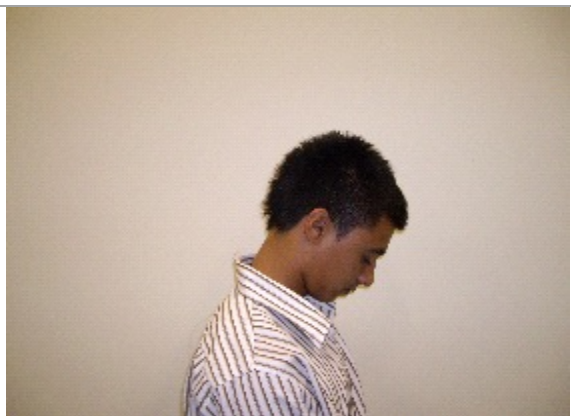
NECK SIDE-BENDING

- Sitting in correct postural position
- Gently tilt your head towards your shoulder and feel the gentle stretch in the muscles on the other side of your neck
- Perform the movement to both sides
- Repeat 10 times



NECK BENDING AND EXTENSION

- Gently bend your head towards your chest
- Lead the movement with your chin
- Moving the chin first, bring your head back to the upright position and gently roll it back to look up towards the ceiling
- Perform the movement to both sides
- Repeat 10 times



CHIN NOD EXERCISE

- Gently and slowly nod your head forward as if to say 'yes'
- Feel the muscles at the front of your neck
- Stop the nodding action just before you feel the front muscles hardening
- Hold the nod position for 5 seconds and then relax
- Gently move your head back to the normal start position
- Repeat 10 times



SHOULDER BLADE EXERCISE

- Lie on your side with your arm resting on up to two pillows
- Roll your top shoulder blade back and across towards the centre of your back
- Aim to use the muscles between your shoulder blade and your spine and relax the muscles between your neck and shoulder
- Hold the position for 10 seconds
- Repeat 10 times to each side



CORRECT POSTURAL POSITION

- In sitting
- Straighten up your lower back and pelvis
- Gently draw your shoulder blades back and down
- Aim to use the muscles between your shoulder blade and your spine and relax the muscles between your neck and shoulder
- Gently tuck your chin in
- Hold the position for as long as possible
- Repeat the correction regularly



CHIN TUCKS

- Sitting in correct postural position
- Gently draw your head back, sliding your chin horizontally and keeping your nose pointing straight ahead
- You should feel a slight stretching at the base of your skull
- Repeat 10 times



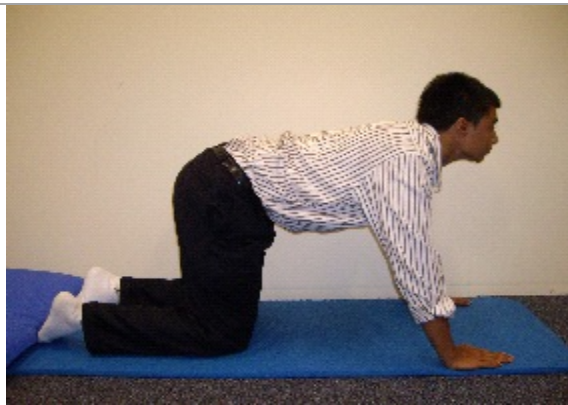
Neck strengthening exercises

- Sitting in the correct posture
- Make sure your chin is relaxed and slightly down
- Place your right hand on your right cheek
- Gently try to turn your head into your hand and look over your right shoulder
- Hold the movement for 5 seconds
- Use only 10-20% effort
- Repeat 5 times to each side



Neck strengthening exercise whilst 4-point kneeling

- Obtain the 4 point kneeling position (knees directly under hips, hands directly under shoulders, lower back with a natural arch)
- Gently draw your belly button into your spine
- Maintain a gentle chin tucked position with your head.



Neck bending and extending in 4-point kneeling

- Firstly ensure you can maintain the 4-pt kneeling position safely
- Slowly look up toward the ceiling as far as you can go
- Hold for 5-10 seconds
- Follow this by slowly bending your neck, leading this movement with a chin tucking action
- Remember to hold the lower back in a neutral position throughout the movements
- Repeat 5-10 times



Neck rotation in 4-point kneeling

- Slowly turn your head to one side
- Ensure you maintain the gentle chin tuck throughout the movement
- Also make sure your head stays level with your body and doesn't drop down
- Aim to be looking over your shoulder at the end of the movement
- It is helpful to be side-on to a mirror when doing this exercise to ensure you are doing it correctly
- Repeat 5-10 times