

# Exercises for Neck Pain

- Here are several exercises for your neck. Review with your doctor which ones are for you.
- Do them daily. Get in a habit of doing them at the same time each day. A good time is right after a warm shower or bath, when your muscles are warm and relaxed.

## Neck Stretches

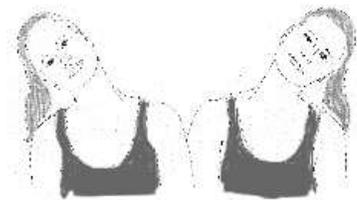


Stand or sit erect in a chair with your arms at your side. Relax your shoulders and look straight ahead. Now, let

your head drop backward slowly just to the point where you feel the muscles in the front of your neck stretch.

Slowly bring your head back upright, and then let your head drop

forward. Try to touch your chin to your chest. Bring your head back up to its normal position. Now with your shoulders relaxed and straight, turn your head slowly to the right as far as possible. Bring your head back to center and slowly turned to the left as far as



possible. Return to center. Finally, with your head centered and your shoulders relaxed, bend your head toward your right shoulder. Keep your shoulder down, and let your head move only to the point where you feel the muscles on the left side stretch. Bring your head back up and repeat on the left side. Repeat these exercises five times twice a day.

## Isometric Exercises

Sit or stand erect with your shoulders relaxed. Place your hand against your forehead and press backward at the same time you press your head forward



against your palm. Hold this position for a slow count of five.

Now place both of your hands behind your head and try to press your head backward while you push forward with your hands. Hold this for a slow count of five. Place your



left hand against the left side of your head and press against your head at the same time you push your head against your hand. Hold this for a slow count of five, and then repeat with your right hand against the right side of your head. Repeat these exercises in each direction five times twice a day.

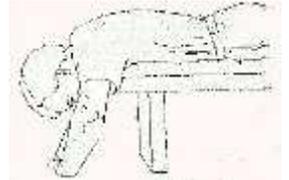


## Neck Lifts

For this exercise, you need to lie on a sturdy bench or a firm bed. Lie face down on the bed with the tops of your shoulders at the edge

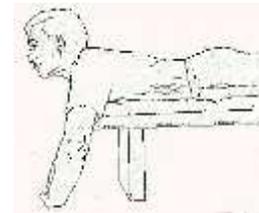
of the bed and your hands extended over the edge. If you are using a bench, keep your arms and shoulders as relaxed as possible.

On a bed, let your arms dangle over the



side. Now raise your head up slowly, hold for a second. Slowly

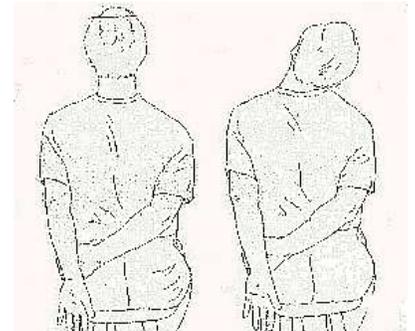
return it to the starting position. Repeat 10 times. Build up to two sets of



ten repetitions with several minutes rest between sets.

## Shoulder Stretches

Stand up or sit up straight on a stool or backless bench. Reach behind you, and take hold of your left wrist with your right hand. While pulling down on your left arm, lean your head to the right and hold the stretch for account of five. Repeat to the other side by pulling down on your right hand and leaning your head to the left.



Repeat five times at least twice during the day.