

Neck Stretches

Summary

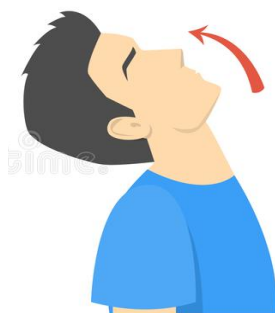
- These exercises aim to improve the flexibility of your neck muscles and should be performed 2-3 times a day, 3-4 days a week. It is important these are on non-consecutive days to allow time for your muscles to rest and repair.
- You can take painkillers as advised by a prescribing clinician or pharmacist. Taking them before exercise can help you stay active without causing extra pain.
- *Aim to complete 3 sets of 10-15 reps as you are able to.*
- *Start with 5-10 reps of each exercise and gradually build this up.*
- *Hold each stretch for 15-30 seconds*
- Regularly perform these exercises here to help ease pain and prevent future symptoms.
- Stay active and avoid static postures
- Your pain should ease within 6-12 weeks of commencing these exercises.
- Maintaining good posture is also key in preventing your symptoms from progressing

1. Neck Flexion



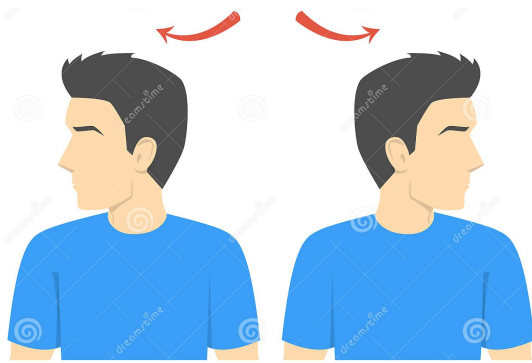
1. Start with your head in neutral, ensuring your shoulders are relaxed
2. Slowly look down to stretch the back of your neck
3. Return to the starting position and repeat.

2. Neck Extension



1. Start with your head in neutral, ensuring your shoulders are relaxed
2. Slowly look up to stretch the front of your neck
3. Return to the starting position and repeat.

3. Neck Rotation



1. Start with your head in neutral, ensuring your shoulders are relaxed
2. Slowly look to the right to stretch the left of your neck
3. Return to the starting position and repeat
4. Repeat on both sides

4. Trapezius stretches



1. Start with your head in neutral, ensuring your shoulders are relaxed
2. Slowly tilt your neck to the right, bringing your ear to your shoulder. You should feel a stretch on your left side.
3. Return to the starting position and repeat
4. Repeat on both sides

* DO NOT raise your shoulder to meet your ear

* Increase the stretch by gently pressing down on your head with your hand

5. Retractions



1. Start with your head in neutral, ensuring your shoulders are relaxed
2. Slowly tuck your chin back - trying to make a double chin. But do not tilt your head down.
3. Keep your eyes looking forward at one spot throughout the movement
4. Hold for 5s then return to neutral

6. Seated Chest Stretch



1. Sit with your back straight and feet firmly on the floor.
2. Pull your shoulder blades together and turn your thumbs and hands outwards.
3. Hold for 15s, return to neutral