

Exercise plan:
Advice Sheet - Neck Pain

Patient:
Sample Patient

Date:
18th Dec 2016



Posterior scalene stretch

Place your fingers in the webbing of your neck (just above the collar bone), and rotate your neck to the opposite side, and tuck your chin down. You will feel the stretch under your fingers at the side of the neck. Hold the stretch, and relax.

Video: <http://youtu.be/EdKGB0v4Mng>



Neck side flexion stretch

Place your hands behind your neck, and gently tilt your neck (moving your ear towards your shoulder). You can lift your chin slightly if you wish. You should feel a stretch on the opposite side.

Video: http://youtu.be/qrMB_a6Yxjg



Neck rotation stretch standing

Stand up straight (you can rest your back against a wall if you wish) and place one arm up to 90 degrees. Rotate your neck to the opposite side. You should feel a stretch in the lower side of the neck on the same side you are lifting your arm.

Video: http://youtu.be/ZgeO87_VFog

Ulnar nerve stretch

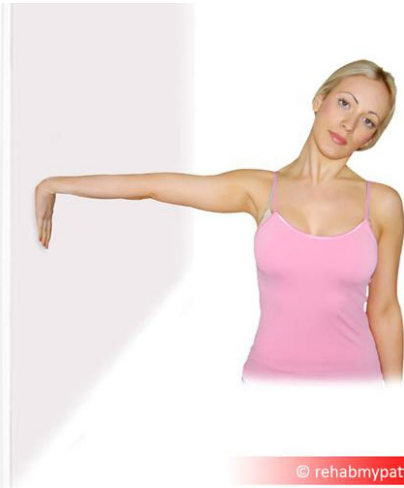


Make goggles with your thumb and index finger, then turn the goggles upside down so the thumb pad is facing towards your face. You will feel a stretch going through the arms. This exercise is a nerve stretch.

Video: <http://youtu.be/NK3R8DOeOL4>

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Median nerve stretch



Standing next to a wall, place your palm on it with your fingers facing down and arm straight, and side-bend your neck towards the opposite side. You will feel a stretch in your arm, shoulder and slightly into the side of your neck. This exercise is a nerve stretch.

Video: <http://youtu.be/eWAS25uPe9Y>

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Bruegger's Posture sitting



Sit on the edge of a chair, and open your legs and allow them to relax outwards. Keep your body and spine tall, lift the crown of your head towards the ceiling, and arch your lower back slightly. Turn your arms outwards so your palms are facing forwards, and draw your shoulder blades down and towards the midline. Make a gentle double chin with your head at the same time. Breathe deeply throughout. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

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Video: http://youtu.be/uQ_-JeWTgU

Bruegger's Posture standing wall



Stand up against a wall. Ensure your heels, buttocks, shoulders and head is touching the wall. Turn your hands out, so your palms are facing forwards with your hands resting against the wall. Bring your shoulder blades down and towards the midline. Tuck your chin backwards slightly. Breathe deeply throughout the exercise. If your upper back is very rounded and you are unable to get your head to the wall, do not arch your neck, just keep your head where it feels comfortable. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

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