

Exercise plan:
Neck Exercises

Patient:
Living Centre Clinic Patient

Practitioner:
Vispi Jamooji

These neck exercises generic and selected to help with a wide range of neck tension. However we advice you seek professional help before trying these. Remember the neck can be delicate area, so please stop if you feel dizzy or unwell when doing any of these and contact us or your regular healthcare professional.

Helping the neck to get better often needs more than exercises alone, but the above may help. Good posture and lying down intermittently is also recommended.

Living Centre Clinic
Email: better@livingcentreclinic.com
Call: 02089462331



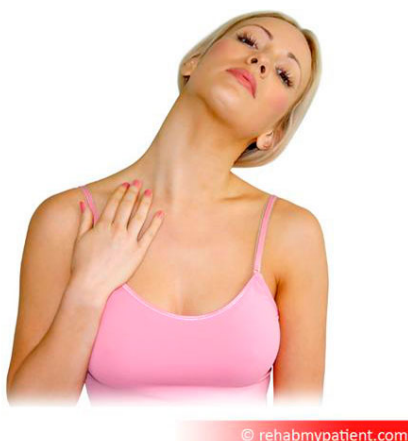
Neck Flexion with Side Flexion

Bend your neck to the side by taking your left ear towards your left shoulder. Now tuck your chin towards your chest. Hold the stretch, and relax. You can use your hand to gently assist. This will allow you to feel a stretch at the back and side of your neck.

***Ensure you stretch the side of the neck that is NOT hurting. In the example shown in the video, the neck pain would be on the left side, so the model is stretching the right side of her neck. ***

Sets: 2 - 3 | Repetitions: 2 - 3 | Time: Hold for 4 secs

Video: <http://youtu.be/rSsL5J6ZKU8>



Mid-Scalenes Sternocleidomastoid Stretch (Stronger)

Hook your fingers above your collar bone, and gently side-bend your neck to the opposite side. Hold the stretch. You can make the stretch stronger by extending your neck. You should feel the stretch at the front/side of your neck. This exercise will help improve mobility to your neck.

***If you feel dizzy or sick stop immediately and let us know. Be careful not to press fingers into neck too deeply - just enough to stretch the front of the neck muscle. ***

Sets: 2 - 3 | Repetitions: 1 | Time: Hold for 2 secs or so | Both sides

Video: <http://youtu.be/XR5sqxPmPUc>

Upper Cervical Flexion with Gaze Stability Sitting

Sit upright, with good posture. Pick a point ahead of you on the wall, and hold your gaze at this point. Tuck your chin slightly, while elongating your neck. Keep your gaze at the same point throughout.



Sets: 2 - 3 | Repetitions: 3 | Time: Hold 3 secs

Video: http://youtu.be/sgizM_18xU4

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