

Cervical Spine: Neck Exercises

Name: _____

Please complete this programme _____ per day

➤ Neck posture advice

- Neck pain can be caused or aggravated by muscle tension due to poor posture.
- The 'poking chin' posture can be caused by; sitting too low at a desk, a screen set too high, a hunched or slouched back, habit or a combination of these reasons.

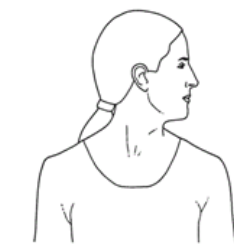


- Correcting a 'poking chin' posture involves improving your sitting habits and doing exercises to correct your posture:
- Gently lengthen your neck upwards as you tuck in your chin. Imagine a soft peach under your chin, don't tuck too hard and squash it, but don't let it drop!
- Widen your collar bones and gently draw your shoulder blades down and back centrally towards your spine
- Gently pull in your lower 'core' tummy muscles to maintain a natural soft curve in your lower back

Tick the
required
exercise
below

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1. Neck Rotation



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- Sit on a chair or on the edge of the bed
- Gently turn your head to look over your shoulder
- Hold for seconds
- Turn your head back to the middle then turn to look over your shoulder
- Hold for seconds
- Repetitions ☐

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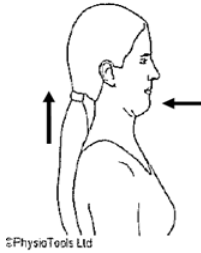
2. Lateral / Side Flexion



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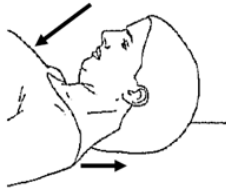
- Sit on a chair or on the edge of the bed
- Tilt your head to lower your ear down towards your shoulder
- Use your hand to gently pull your head further to the side
- Feel a stretch on the opposite side
- Hold for seconds
- Repetitions ☐

3. Chin Retraction



- Sit on a chair or on the edge of the bed
- Pull your chin in towards you keeping your neck and back straight (make a double chin)
- Hold the end position and feel a good stretch in your neck for seconds
- Repetitions

4. Deep neck flexion



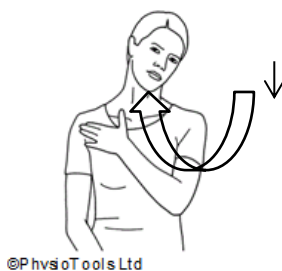
- Lie on your back with a thin pillow to support your head or do it in sitting
- Nod your head downwards so your chin comes towards your chest
- Hold for seconds
- Repetitions

6. Scapula Setting



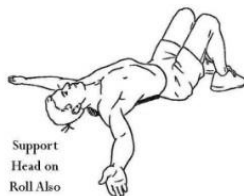
- Sit on a chair or on the edge of the bed
- Place your fingers on your shoulders
- Roll your shoulders back
- Glide your shoulder blades down and together at the back
- Hold this posture for Seconds
- Repetitions
- You can progress this by lying on your tummy with your arms by your side, palms facing up and lifting them off the bed.

7. Scalene Stretch



- Sit on a chair or on the edge of the bed
- Place your right hand on your left shoulder
- Tilt your head to the right, bringing your right ear to your right shoulder (make sure the shoulder is kept still).
- Slowly rotate your head to the left keeping your right ear near your right shoulder to feel more of a stretch.
- Hold stretch for seconds
- Repetitions

8. Pectoralis Stretch



- Lie on your back with a rolled up towel placed lengthways under your back
- Slowly bring your arms out to the side into a Y- shape
- Hold stretch for seconds
- Repetitions