



Exercise guide

Neck

Throughout the following exercises, the emphasis is on slow, controlled movement.

If you are currently receiving physiotherapy only do the exercises that your therapist has prescribed under your current treatment plan.

When carrying out the exercises make sure you are safe and stable, using support of counters or tables if needed. Make sure all exercises are pain free and if they cause pain stop doing them or go to an easier exercise. Do not exert yourself beyond your own capabilities.

Neck range of movement

- Perform this exercise sitting upright in a chair
- Maintain a flat back with your chest up at all times
- Slowly take your chin to your chest, pause for 5 seconds and return to the starting position
- Repeat 10 times
- Maintaining the same posture, slowly look over one shoulder as far as comfortable, return to the centre and repeat 10 times
- Repeat this movement to the other side
- Then slowly take one ear toward your shoulder 10 times before repeating on the other side
- If you feel at all dizzy or lightheaded stop immediately

Complete three sets of 10 repetitions holding five seconds at a time unless directed otherwise by your physiotherapist.

Deep neck flexor conditioning

- Lie flat on your back with your head resting on a pillow or folded towel
- Lift your head by around an inch and tuck your chin into your chest (looking toward your toes)
- Perform a small nodding motion for 10 seconds before slowly returning to the start position
- Briefly rest your head before repeating
- This exercise can be progressed by adding a small amount of resistance to the forehead followed by either side of the head in turn.

Complete three sets of 10 repetitions unless directed otherwise by your physiotherapist.

Shoulder girdle retraction

- Start lying on your back with your arms resting at your sides
- Slowly draw both shoulder blades back and down



- Return to the starting position and repeat
- This exercise can also be performed in a seated position
- Start in a seated position with your arms resting at your side
- Maintain a flat back and keep your chest upright
- Slowly draw both shoulder blades back and down
- Return to the starting position and repeat

Complete three sets of 10 repetitions, holding for 10-15 seconds unless directed otherwise by your physiotherapist.