

Rehabilitation Exercises for Neck Injuries

If instructed by your medical doctor, you may begin these exercises when the pain has started to decrease.

Neck Strain:

Neck Range of Motion:

- A. Neck Rotation: Sit in a chair, keeping your neck, shoulders and trunk straight. First, turn your head slowly to the right. Move it gently to the point of pain. Move it back to the forward position. Relax. Then move it to the left. Relax. Repeat 10 times in each direction.

B.

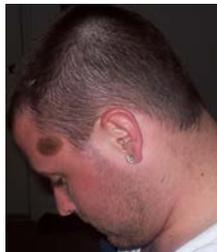


- C. Neck Side Bend: Tilt your head so that your right ear moves toward your right shoulder. Move it to the point of pain. Then tilt your head so your left ear moves toward your left shoulder. Make sure you do not rotate your head while tilting or raise your shoulder toward your head. Repeat 10 times in each direction.

D.



- E. Neck Flexion: Bend your head forward, reaching your chin toward your chest. Hold for 5 seconds, repeat 10 times.



- F. Neck Extension: Bring your head back so that your chin is pointing toward the ceiling. Hold for 5 seconds, repeat 10 times.



Upper Trapezius Stretch: Sitting in an upright position, put your right arm behind your back and gently grasp the right side of your head with your left hand to help tilt your head toward the left. You will feel a gentle stretch on your right side. Hold for 20 seconds, repeat 3 times. Complete the exercise on the opposite side as well.



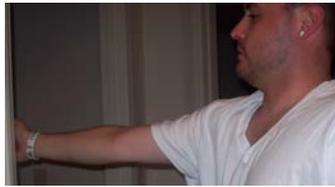
Scalene Stretch: Sitting in an upright position, clasp both hands behind your back, lower your left shoulder, and tilt your head toward the right. Hold this position for 20 seconds and then come back to the starting position. Lower your right shoulder and tilt your head toward the left until you feel a stretch. Hold for 20 seconds. Repeat 3 times on each side.



Corner Stretch: Stand in the corner of a room about 3 feet away from the corner. Place one hand on each wall at about shoulder height. Lean your chest forward, stretching the front of your chest. Hold this position for 30 seconds, repeat 3 times.



Rhomboid Stretch: Stand near a door frame. Lift your right arm straight out in front of you and grasp the door frame. Lean back, letting the pull of your body weight stretch the muscles between your shoulder blades. Hold for a count of 10, repeat 5 times. Now repeat the exercise with your left arm grasping the door frame.

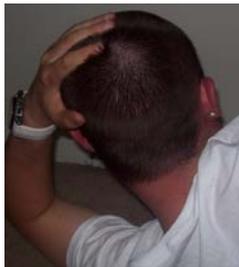


Head Lifts:

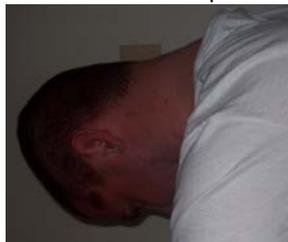
- A. Neck Curl: Lie on your back with your knees bent and your feet flat on the floor. Tuck your chin and lift your head toward your chest, keeping your shoulders on the floor. Hold for 5 seconds, repeat 10 times.



- B. Neck side bend: Turn onto your left side. With your left forearm underneath your head, lift your head slowly toward your right shoulder. Hold for 5 seconds. Repeat 10 times. Switch to your right side and repeat the exercise lifting your head toward your left shoulder holding for 5 seconds each lift. Repeat 10 times.

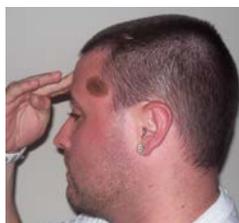


- C. Hands and knees neck extension: Get on all fours and look down at the floor. Keep your back straight and let your head slowly drop toward your chest. Then tuck your chin and lift your head up until your neck is level with your back. Hold this position for 5 seconds. Repeat 10 times.



Neck Isometric Exercises:

- A. Neck flexion: Sit upright, look straight ahead, and keep your chin level. Apply light pressure with your fingertips to your forehead, resisting bending your head forward. Hold for 5 seconds. Repeat 5 times.



- B. Neck extension: Sit upright, apply light pressure with your fingertips to the back of your head, resisting the bending backward of your head. Hold for 5 seconds. Repeat 5 times.



- C. Neck side bend: Sit upright, place your left palm on the left side of your head and press your head into your palm. Hold this for 5 seconds and then relax. Repeat the same resistance using your right hand on the right side of your head. Repeat on each side 5 times.



Neck Spasms:

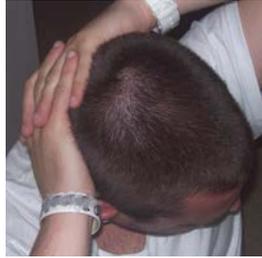
Neck Flexion - Forward: Clasp your hands behind your head and let the weight of your arms pull your chin to your chest. Relax. Hold for a count of 10, repeat exercise 3 times.



Neck Flexion - Right Side: Turn your head to the right and clasp your hands behind your head. Let the weight of your arms pull your chin to the right side of your chest. Relax. Hold for a count of 10, repeat exercise 3 times.



Neck Flexion - Left Side: Turn your head to the left and clasp your hands behind your head. Let the weight of your arms pull your chin to the left side of your chest. Relax. Hold for a count of 10, repeat exercise 3 times.



Ear to Shoulder - Right Side: Lean your right ear toward your right shoulder. Reach your right arm over your head and place your fingers over your left ear. Gently pull your head toward your right shoulder. Hold for a count of 10, repeat exercise 3 times.



Ear to Shoulder - Left Side: Lean your left ear toward your left shoulder. Reach your left arm over your head and place your fingers over your right ear. Gently pull your head toward your left shoulder. Hold for a count of 10, repeat exercise 3 times.



Neck Rotation - Right Side: Rotate your neck by looking over your right shoulder. Lift your right hand and place your palm on the left side of your chin. Push your chin with your palm toward your right shoulder. Hold for a count of 10, repeat this exercise 3 times.



Neck Rotation - Left Side: Rotate your neck by looking over your left shoulder. Lift your left hand and place your palm on the right side of your chin. Push your chin with your palm toward your left shoulder. Hold for a count of 10, repeat this exercise 3 times.

