

Exercise plan:  
**Neck Pain**

Patient:  
**Physio Specialists Ltd**

Date:  
**11th May 2020**



## Neck Extension Mobilisation

Tilt your head backwards in a slow and controlled manner. You may feel some compression tension building up at the back of the neck, so stop the extension at that point. Stop the exercise immediately if you get any dizziness or blurred vision.

**Perform 3 times daily**

Video: <http://youtu.be/LWg92hFOEDk>



## Neck Extension, Lying

Lying face down, lift your head off the floor or bed. You will feel the muscles contracting in the lower back of the neck. This helps to mobilise and strengthen your neck. Stop the exercise immediately if you get any dizziness or blurred vision.

**Perform 3 times daily**

Video: <http://youtu.be/ma9bc5hn7Ug>



## Neck Flexion

Tuck your chin in and then roll your head forwards. You should feel a gentle stretch at the back of your neck. Return to the start position.

**Perform 3 times daily**

Video: <http://youtu.be/NZHdC0aeJIs>



## Isometric Neck Flexion

Place your palm on your forehead, and resist flexion of your neck while keeping your head still. Hold, and then relax. You should feel the muscles at the front and side of your neck contracting.

**Perform 3 times daily**

Video: <http://youtu.be/WnKcq1Uh8m4>



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### Isometric Neck Extension

Place your palm on the back of your head, and resist tilting your head backwards. Your head will stay fairly still. You may feel a gentle contraction of the muscles at the back of your neck.

**Perform 3 times daily**

Video: <http://youtu.be/ydbMq0wPirw>



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### 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.

**Perform 3 times daily | Perform both sides**

Video: [http://youtu.be/qrMB\\_a6Yxjg](http://youtu.be/qrMB_a6Yxjg)



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### Hyoid Stretch

Extend your neck backwards, gently, and close your jaw to feel a stretch at the top of your throat. Keep your tongue on the roof of your mouth. Hold the stretch, and relax. Stop the exercise immediately if you get any dizziness or blurred vision. This stretches the muscles around the front of your neck and throat.

**Perform 3 times daily**

Video: <http://youtu.be/r50zbEt3WAM>



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### Mid-Scalenes Sternocleidomastoid Stretch

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

**Perform 3 times daily | Perform both sides**

Video: <http://youtu.be/8by8-cpjPJU>



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### Improving Neck Hyperlordosis 1

Lying on your back, use a pillow to support your head, and place a rolled up towel (of approximately 4 inches/10cm diameter) under your neck. You should feel the towel pushing upwards into your neck. This is a great exercise for people who spend too much time forward flexing their necks, e.g. computer and laptop users.

**Perform 3 times daily**

Video: <http://youtu.be/zBJnDhZH3vY>

## Your Advice Sheet

Please click on the attachment below for the advice sheet

[www.physio-specialists.co.uk](#)  
[Migraine.pdf](#)

[- Headaches.pdf](#)

[- Neck Pain.pdf](#)

Please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [headoffice@physio-specialists.co.uk](mailto:headoffice@physio-specialists.co.uk). Good luck and keep with it!