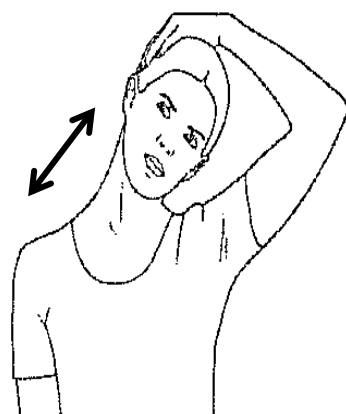


Therapy Services

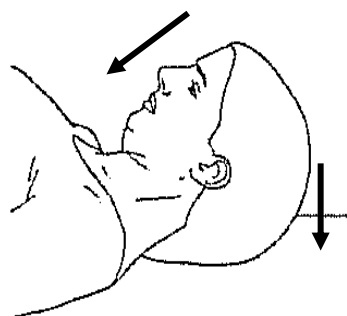
Patient Information

Neck advice stretches, posture, strengthening



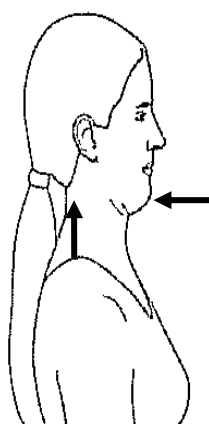
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Sitting. Tilt your head toward one shoulder until you feel the stretch on the opposite side. Using your hand gently pull your head further to the side. Hold approx. _____ 20 _____ secs. Repeat to other side. Repeat _____ 2 _____ times.



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Lying on your back, with or without a thin pillow. Nod your head downward, hold approx. 10 secs. release. Repeat _____ 10 _____ times.



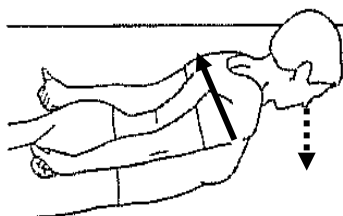
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Sitting straight-backed. Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position and feel the stretch in your neck. Repeat _____ 10 _____ times.



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Sit or stand. Place your fingers on your shoulders. Roll your shoulders back and squeeze the scapulae together. relax. Repeat _____ 10 _____ times.



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Lie face down, arms by your side. Tighten the muscles between your shoulder blades and push your chest forward. Lift your arms and upper trunk off the floor. Hold _____ 5 _____ seconds. Repeat _____ 10 _____ times.



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Lying on your back with your knees bent. Bend the chin towards your chest and lift your head. Lower your head while keeping your chin as close as possible to the chest. Repeat _____ 3 x 10 _____ times.

Contact details www.poole.nhs.uk/physio

Poole Hospital NHS Foundation Trust
Longfleet Road
Poole Dorset BH15 2JB
Telephone: 01202 442121 Date: 19/05/2017

Simple exercises



Neck tilt

Tilt your head down to rest your chin on your chest. Gently tense your neck muscles and hold for 5 seconds. Return to a neutral position and repeat 5 times.



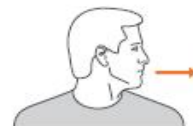
Neck tilt (side to side)

Tilt your head down towards your shoulder, leading with your ear. Gently tense your neck muscles and hold for 5 seconds. Return your head to centre and repeat on the opposite side. Repeat 5 times on each side.



Neck turn

Turn your head towards one side, keeping your chin at the same height and moving within comfortable limits. Gently tense your neck muscles and hold for 5 seconds. Return your head to the centre and repeat on the opposite side. Repeat 5 times on each side.



Neck stretch

Keeping the rest of the body straight, push your chin forward so your throat is stretched. Gently tense your neck muscles and hold for 5 seconds. Return your head to the centre and push it backwards, keeping your chin up. Hold for 5 seconds. Repeat 5 times.



Summary

- Neck pain is common but most cases aren't caused by a serious problem.
- Most cases of neck pain get better on their own within a few weeks.
- Stay active. Bed rest for more than a couple of days makes it harder to get going. Gradually increase your normal activities and do regular exercise.
- Take painkillers if needed so you can stay active.

Your pain should ease within 2 weeks and you should recover over approximately a 4–6 week period.

You should use the suggested exercises for at least 6–8 weeks to help prevent symptoms returning.

If you have severe neck pain or weakness in your arms/hands, contact your doctor.

Neck pain

This leaflet provides general information about neck pain and simple exercises that may help.



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