

Cervical Spine: Neck Exercises

Name: _____

Please complete this programme _____ per day

➤ Neck posture advice

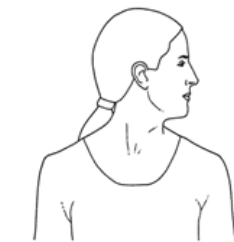
- Neck pain can be caused or aggravated by muscle tension due to poor posture.
- The 'poking chin' posture can be caused by; sitting too low at a desk, a screen set too high, a hunched or slouched back, habit or a combination of these reasons.



- 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

1. Neck Rotation



©PhysioTools Ltd

- 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

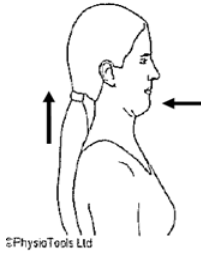
2. Lateral / Side Flexion



©PhysioTools Ltd

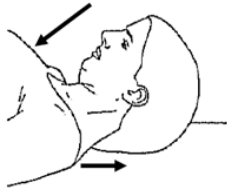
- Sit on a chair or on the edge of the bed
- Tilt your head to lower your ear down towards your shoulder
- Use your hand to gently pull your head further to the side
- Feel a stretch on the opposite side
- Hold for seconds
- Repetitions

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



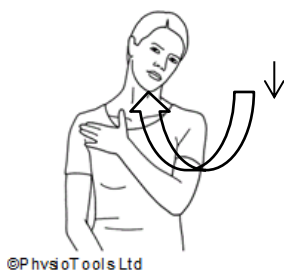
- Lie on your back with a thin pillow to support your head or do it in sitting
- Nod your head downwards so your chin comes towards your chest
- Hold for seconds
- Repetitions

6. Scapula Setting



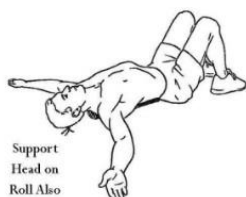
- Sit on a chair or on the edge of the bed
- Place your fingers on your shoulders
- Roll your shoulders back
- Glide your shoulder blades down and together at the back
- Hold this posture for Seconds
- Repetitions
- You can progress this by lying on your tummy with your arms by your side, palms facing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

7. Scalene Stretch

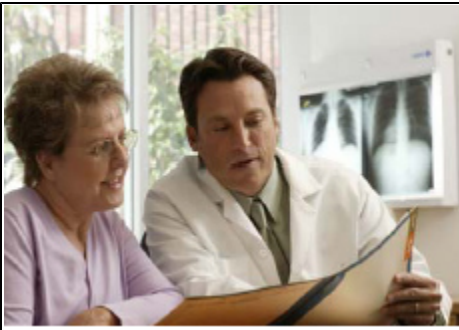


- Sit on a chair or on the edge of the bed
- Place your right hand on your left shoulder
- Tilt your head to the right, bringing your right ear to your right shoulder (make sure the shoulder is kept still).
- Slowly rotate your head to the left keeping your right ear near your right shoulder to feel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



CARE INSTRUCTIONS

KAISER PERMANENTE

Healthy Upper Back: Exercises

Your Kaiser Permanente Care Instructions

Here are some examples of exercises for your upper back. Start each exercise slowly. Ease off the exercise if you start to have pain.

Your doctor or physical therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Lower neck and upper back stretch



© Healthwise, Incorporated

1. Stretch your arms out in front of your body. Clasp one hand on top of your other hand.
2. Gently reach out so that you feel your shoulder blades stretching away from each other.
3. Gently bend your head forward.
4. Hold for 15 to 30 seconds.
5. Repeat 2 to 4 times.

Healthy Upper Back: Exercises (page 2)

Midback stretch

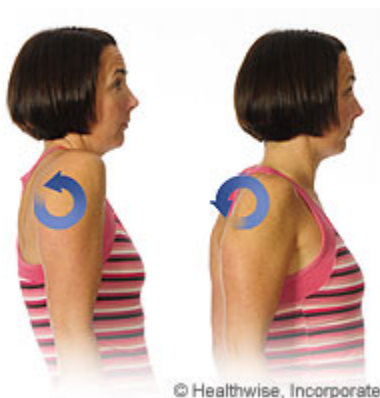


© Healthwise, Incorporated

Note: If you have knee pain, do not do this exercise.

1. Kneel on the floor, and sit back on your ankles.
2. Lean forward, place your hands on the floor, and stretch your arms out in front of you. Rest your head between your arms.
3. Gently push your chest toward the floor, reaching as far in front of you as possible.
4. Hold for 15 to 30 seconds.
5. Repeat 2 to 4 times.

Shoulder rolls



© Healthwise, Incorporated

1. Sit comfortably with your feet shoulder-width apart. You can also do this exercise while standing.
2. Roll your shoulders up, then back, and then down in a smooth, circular motion.
3. Repeat 2 to 4 times.

Healthy Upper Back: Exercises (page 3)

Wall push-up



1. Stand against a wall with your feet about 12 to 24 inches back from the wall. If you feel any pain when you do this exercise, stand closer to the wall.
2. Place your hands on the wall slightly wider apart than your shoulders, and lean forward.
3. Gently lean your body toward the wall. Then push back to your starting position. Keep the motion smooth and controlled.
4. Repeat 8 to 12 times.

Resisted shoulder blade squeeze



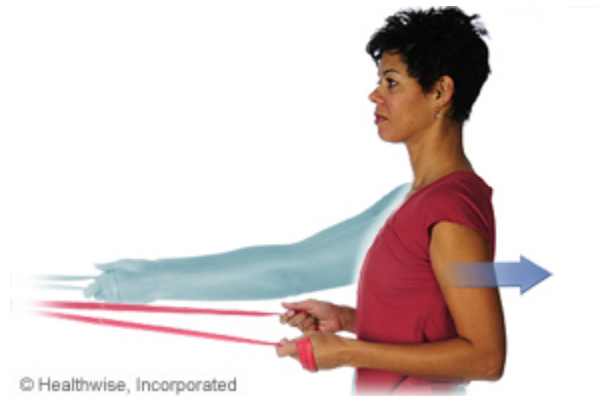
Note: For this exercise, you will need elastic exercise material, such as surgical tubing or Thera-band.

1. Sit or stand, holding the band in both hands in front of you. Keep your elbows close to your sides, bent at a 90-degree angle. Your palms should face up.
2. Squeeze your shoulder blades together, and move your arms to the outside, stretching the band. Be sure to keep your elbows at your sides while you do this.

Healthy Upper Back: Exercises (page 4)

3. Relax.
4. Repeat 8 to 12 times.

Resisted rows



Note: For this exercise, you will need elastic exercise material, such as surgical tubing or Thera-band.

1. Put the band around a solid object, such as a bedpost, at about waist level. Hold one end of the band in each hand.
2. With your elbows at your sides and bent to 90 degrees, pull the band back to move your shoulder blades toward each other. Return to the starting position.
3. Repeat 8 to 12 times.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Where can you learn more?

Go to <http://www.kp.org>

Enter T680 in the search box to learn more about "**Healthy Upper Back: Exercises**".

© 2006-2010 Healthwise, Incorporated. Care instructions adapted under license by Kaiser Permanente. This care instruction is for use with your licensed healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise disclaims any warranty or liability for your use of this information.