



BACKSTRONG SPINE & REHAB

GET STRONG • BE STRONG • STAY STRONG
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Patient name:

BEGINNER EXERCISES FOR THE NECK

This series of exercises is designed for those with neck pain or following whiplash accidents.

NECK ROTATION

Step 1

Start with your head in a neutral position, shoulders relaxed.

Step 2

Slowly rotate your head to one side. Do not move into a painful position.

Step 3

Slowly rotate your head to the opposite side.

Repeat steps 2 and 3 ten times.



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The muscles of your neck have many nerves that send signals to the areas of your brain related to posture and balance.

NECK LATERAL FLEXION

Step 1

Start with your head in a neutral position, shoulders relaxed.



Step 2

Slowly tilt your head towards your shoulder. Do not move into a painful position.



Step 3

Slowly tilt your head towards your other shoulder.



Repeat steps 2 and 3 ten times.

Maintaining your mobility will ensure your brain receives appropriate information about bodily movements and posture.

NECK FLEXION AND EXTENSION

Step 1

Start with your head in a neutral position, shoulders relaxed.



Step 2

Slowly look up to the ceiling and extend your neck. Do not move into a painful position.



Step 3

Slowly look down to the floor and flex your neck.



Repeat steps 2 and 3 ten times.

BASIC NECK FLEXION

Step 1

Lie on your back with your shoulders relaxed and your head in a neutral position.



Step 2

Gently nod your head as if to say 'yes' without lifting it from the floor. Hold for 10 seconds. The movement is coming from the deep muscles in your upper neck. Your surface muscles should stay relaxed.



Step 3

Slowly return to the step 1 position.
 Repeat steps 2 and 3 ten times.

Retraining your neck and shoulder blade muscles can suppress pain messages to your brain.

SINGLE SHOULDER BLADE SQUEEZE

Step 1

Lie on your stomach with one hand resting under your forehead and the other under your hip.



Step 2

Gently draw the lower shoulder blade down your back and slightly inwards. Your elbow will also move downwards and inwards.



Step 3

Return to the step 1 position.

Repeat steps 2 and 3 ten times.