



# SIMPLE NECK PAIN

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ADVICE & EXERCISES

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**M**any people suffer from pain and stiffness in their neck. This pain may vary from time to time depending on your daily activities. Often this can be aggravated by poor posture e.g. sitting slouched or working in a position for a prolonged period of time.

To help manage your neck condition try the following exercises on a daily basis: For each exercise sit with your back straight.



### **1 Retraction**

Pull your chin in as shown. Hold the stretch at the back of your neck for 5 secs. (*Imagine you are pulling your chin off a shelf. Do not tip your head up or down.*)

**Repeat 10 x 3 daily.**



### **2 Rotation**

Turn your head to one side until you feel a stretch in the opposite side of your neck.

**Hold for 5 secs then repeat to other side. Repeat 10 x 3 daily.**



### 3 Side flexion

Tilt your head towards one shoulder until you feel a stretch on the opposite side of your neck.

**Hold for 5 secs then repeat to the other side. Repeat 10 x 3 daily.**



### 4 Flexion

Bend your head forward until you feel a stretch at the back of your neck.

**Hold for 5 secs. Repeat 10 x 3 daily.**



### 5 Shoulder retraction

Lift your shoulders up towards your ears then pull back and down (*bringing your shoulder blades together*).

**Repeat 10 x 3 daily.**

## Posture ~ (sitting)

When sitting for prolonged periods it is important that you support your lower back e.g. use of a lumbar roll\*. This will help to prevent you sitting slouched.



## Posture ~ (sleeping)

Do not use more pillows than necessary. Ensure that your head is supported comfortably to lie in line with the rest of your body.



By following these simple instructions you will be better able to manage your neck pain or stiffness.

If you develop other symptoms e.g. arm pain or dizziness please consult your GP or Physiotherapist.

\* For details on Lumbar Rolls, speak to your Physiotherapist.

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