



NECK PAIN AND RANGE OF MOTION EXERCISES.



**C/S ROM - Extension**

Sitting tall with shoulder blades pulled down and inward, perform a chin tuck, then raise chin up to ceiling as far as comfortable. Hold for 10 relaxed breaths, return to start position. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**



**Levator - Passive**

Sitting, turn head 45 to one side, and flex head forward (nose to elbow). Keep shoulder blades pulled down and inward. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**



**Scalenes - Ball**

Lying on gym ball with head supported. Rotate head 45° to the side. Keeping head turned, walk body up ball so head gradually hangs over edge of ball. Comfortable stretch should be felt in front and side of neck. Hold for 10 relaxed breaths, walk ball back so that head supported, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**

Patient:

ID:

Issued By:

Date: 29/08/2024 17:47:49



**SCM - Ball**

Lying on gym ball with head supported. Rotate head 45 to the side. Keeping head turned, walk body up ball so head gradually hangs over edge of ball. Comfortable stretch should be felt in front and side of neck. Hold for 10 relaxed breaths, walk ball back so that head supported, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



**C/S ROM - Lat Bending**

Sitting tall with shoulders pulled down and back. Maintain an abdominal hollow. Tip head sideways, putting ear down toward shoulder as far as comfortable. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



**C/S ROM - Rotation**

Sitting tall with shoulder blades pulled down and inward. Turn head to one side as far as comfortable. maintain an abdominal hollow. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



**C/S ROM - Flexion**

Sitting tall with shoulder blades pulled down and back. Maintain an abdominal hollow. Tuck chin into neck, and slowly bend head down. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:

Patient:

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### Flexion C/S Nod

Sitting tall, tuck chin, and then nod head forward. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Levator - Self Traction

Relax left hand on base of neck, right hand resting gently on head. Use right hand to gently direct head/neck forward and to the side, feeling a stretch at the back and side of the neck. Hold for 10 relaxed breaths, return to start position, switch hands and repeat in other direction. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Suboccipitals

Sitting tall, maintaining an abdominal hollow and slight chin tuck. Elongate neck by visualizing a string pulling straight up the back of head to ceiling. Place fingertips gently on base of skull to guide movement. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Neck Extension - Ball

Lying with shoulders and upper back supported on gym ball. Let head/neck extend gently back on ball, as far as comfortable. Hold for 10 relaxed breaths. Walk ball back under head, and rest for a moment before sitting up. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Posterior C/S Isometric

Sitting, place hand on back of head, keeping head in neutral position and shoulders relaxed. Gently push head straight back into hand without allowing movement of the head. Gradually build tension and hold for 3 relaxed breaths. Maintain an abdominal hollow. Repeat with head at various angles of flexion. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes: