

Exercises for Neck Pain

Breakspeare Clinic- Milton-Under-Wychwood
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Neck Retraction

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 6 times.

Hold for 5 sec

Times/day 3 - 4 times



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Chin Tuck

Lying on your back on the floor.

Press the back of your head towards the floor while pulling in the chin until you feel the stretching of your upper neck.

Hold approx. 5 - _____ secs.

Repeat 5 - 10 times.

Sets 1 - 2

Times/day 2 - _____ times



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Neck Side Bend Stretch

Sitting.

Tilt your head toward one shoulder until you feel the stretch on the opposite side.

Hold approx. 15 - 20 secs. **Reduce hold time if you feel dizzy or light headed.**

Repeat to other side.

Repeat 3 times.

Daily 3 - 4 times



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Shoulder Blade Squeeze -Scapula Retraction

Start by sitting on a chair with your hands resting on your thighs.

Pull your shoulder blades together. Your shoulders move back and slightly up. Then relax.

Hold for 5 secs .

Repeat 4 - 5 times.

Times/day 3 - 4 times



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Upper Trapezius Stretch

Sitting on a chair. Hold on to the side of the chair with one hand. Put the other hand over your head onto the opposite ear.

Tilt your trunk and let the hand on the ear bend your head away from the side to be stretched.

Repeat 3 - _____ times

Hold for 15 sec

Sets 1 - _____

Daily 3 - 4 times
