NECK PAIN REHAB EXERCISES

Created by Barnstaple Alliance Primary Care Network Mar 20th, 2025
View videos at www.HEP.video

COMMENTS

This rehab programme is to help you recover from neck pain.

All the exercises provided, the repetitions, duration of hold and sets are a target to work towards. It is not expected that you will do these from the start. It is something to work towards as a goal over time.

Perform your exercises within your tolerance. Do not work into pain as this will exacerbate your symptoms. However, if you find symptoms are increased with exercises, be assured that pain does not mean you are causing yourself further harm or damage.

In conjunction with the exercises provided, it's recommended that you consider using a heat pack several times a day to help with pain relief. Whilst doing this, protect your skin, do not apply a heat source directly to bare skin and do not apply it to an area where you have reduced sensation. Apply it for about 15 minutes.

Use pain medication as directed by your healthcare professional. This will help moderate your pain and help you return to normal function quicker.



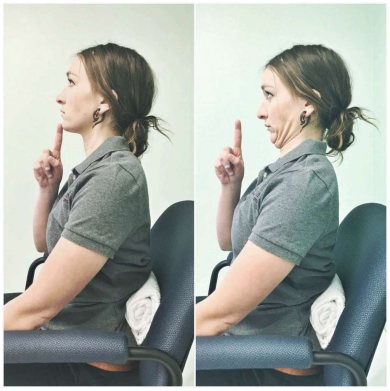


CERVICAL NODS - FLEXION AND EXTENSIONS - CHIN TUCK AND EXTENSIONS

Lie on your back and gently tilt your head up and down while maintaining the back of your head on the pillow/bed/table the entire time.

Video # XVMV3YN68

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day



Cervical Retraction aka Chin Tuck

While maintaining good posture, sit neutrally and place your pointer finger against your chin while looking straight ahead. Without moving the finger, draw your head directly backwards, keeping your gaze parallel to the floor. Return to neutral, bringing your chin back against your pointer finger. Make sure you are not going past the neutral neck position.

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day



CERVICAL FLEXION

Tilt your head downwards, then return back to looking straight ahead.

Video # XVURH3STY

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



CERVICAL ROTATION

Turn your head towards the side, then return back to looking straight ahead.

Video # XV8RSJV2U

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



CERVICAL SIDE BEND - BILATERAL

Tilt your head towards one side, then tilt your head towards the other side. (Be sure to keep you eyes and nose pointed straight ahead the entire time)

Video # XVWHPLQL3

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



SUBOCCIPITAL STRETCH - 2 FINGERS

Gently draw your chin downward towards your chest as your fingers assist in adding a stretch to the back of your head.

Video # XVSLFU889

Hold	15 Seconds
Complete	3 Sets
Perform	1 Times a Day



ROTATIONAL STRETCH WITH OVER PRESSURE

Turn your head to one side as far as you can and then use your same-side-hand to assist in turning the head further for a gentle stretch.

Video # XVX5E8Q23

Hold 15 Seconds
Complete 3 Sets
Perform 1 Times a Day



LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side.

You should be looking towards your opposite pocket of the target side.

Video # XVY66BYP5

Hold 15 Seconds
Complete 3 Sets
Perform 1 Times a Day



UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm.

Video # XVC4NYQU9

Hold 15 Seconds
Complete 3 Sets
Perform 1 Times a Day