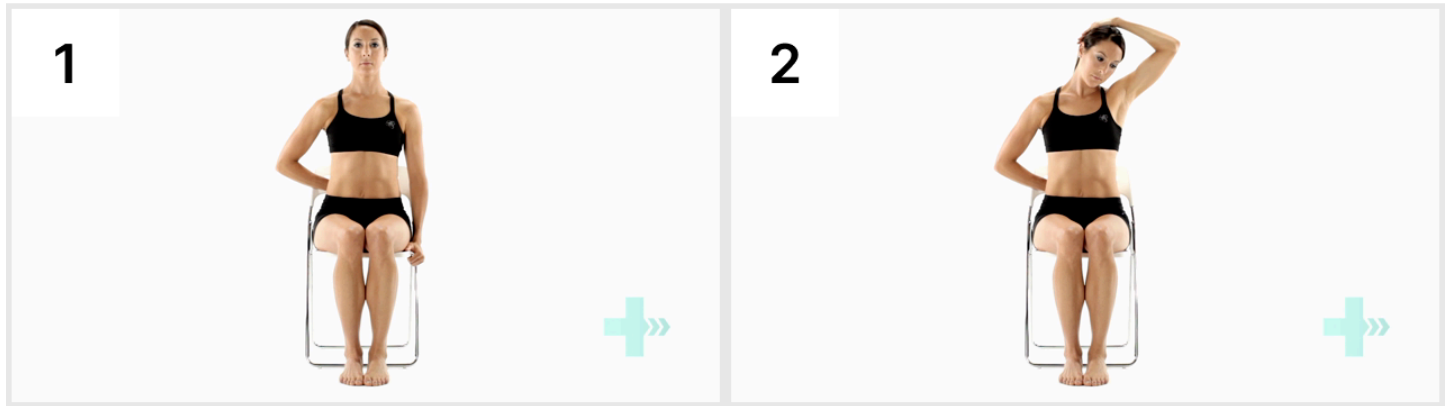


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**1. Levator scapulae stretch, arm behind back, sitting; 01**

1 Set • 3 Reps • 5 s hold



Start in a seated position.

Place the hand of the side you want to stretch behind your back.

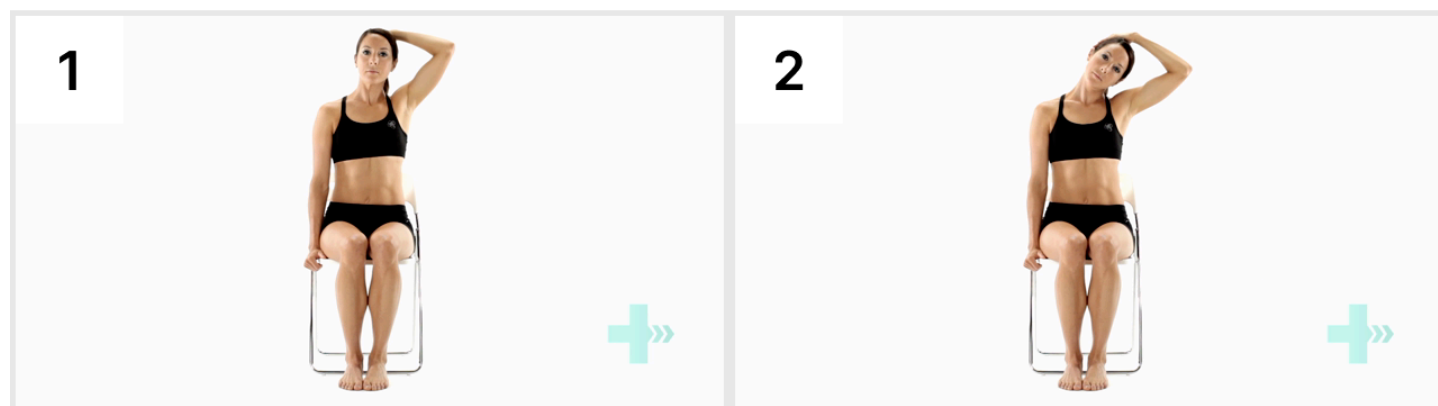
Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.

Hold this stretch.

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## 2. "Upper trapezius stretch" Cervical side bending stretch, sitting; 01

1 Set • 3 Reps • 5 s hold



Start in a seated position.

Place the hand on the symptomatic side under your chair.

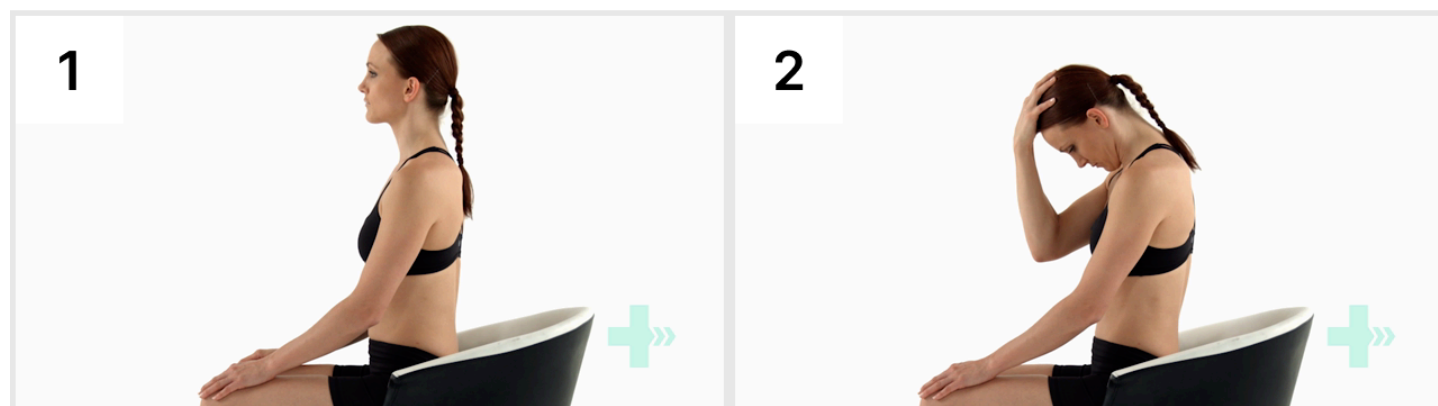
Take your other hand and place it on your head.

Tilt your ear directly down towards your shoulder and hold this position.

You should feel a stretch down the side of your neck.

### 3. Cervical flexion AAROM end range, sitting; 01

1 Set • 3 Reps • 5 s hold



Sit upright in a chair, looking straight ahead.

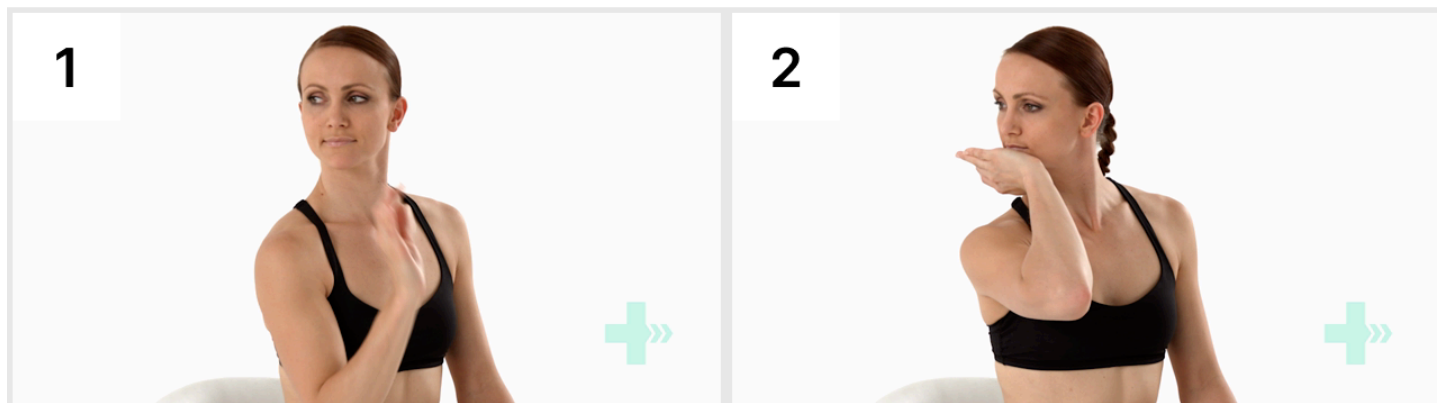
Slowly look down at your lap, moving only your head, not your body.

Use your hands to pull your head further down gently.

Return to the starting position then relax and repeat.

#### 4. Cervical rotation AAROM end range, in sitting; 01

1 Set • 3 Reps • 5 s hold



Sit upright in a chair looking straight ahead.

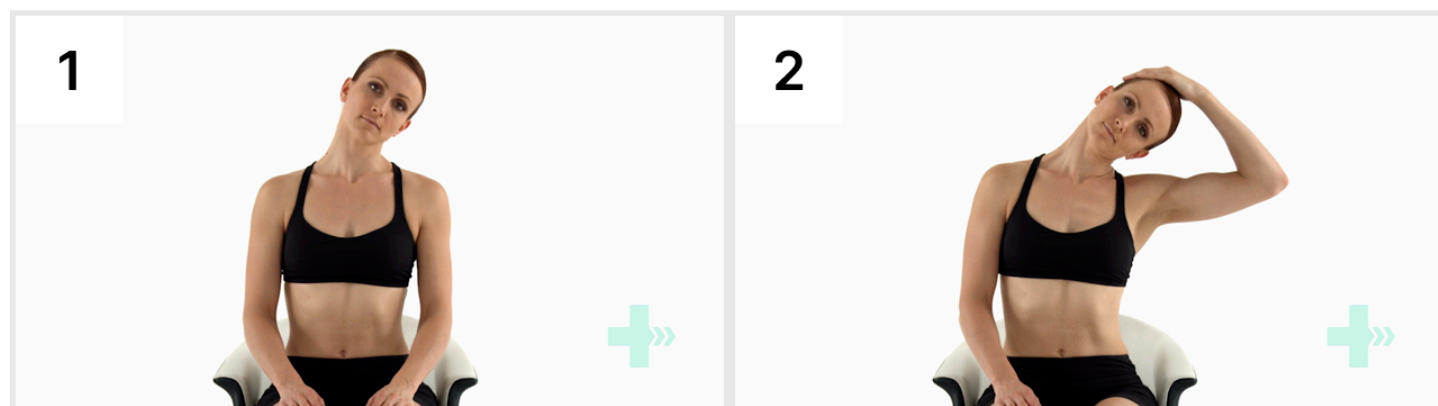
Look over one shoulder as far as you can, moving only your head, not your body.

Use your hand on your chin to gently push your head round a little bit further.

Return back to the starting position then relax and repeat.

## 5. Cervical side bending AAROM end range, sitting; 01

1 Set • 3 Reps • 5 s hold



Sit upright in a chair looking straight ahead.

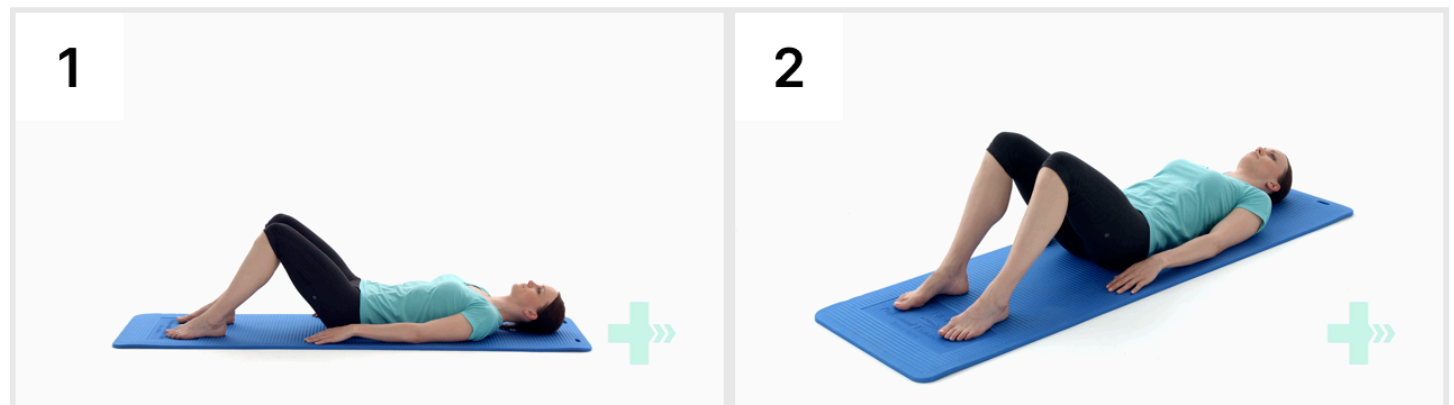
Tilt one ear down towards your shoulder, moving only your head, not your body or your shoulder.

Use your hand to gently pull your head down a little further.

Return to the starting position and relax, then repeat.

## 6. Lower Back Strengthening

5 Sets • 1 Rep • 10 s hold



Lie on your back with your legs bent and feet flat on the floor.

Keep your legs hips width apart and gently put your hands above your head.

Focus on steady breathing throughout this sequence of exercises.

Tighten the muscles of your lower abdomen and your buttocks at the same time so as to flatten your back against the mat.

Hold this position for 10 seconds, then relax.

## 7. Cervical Stretch hands behind back, prone

3 Sets • 1 Rep

1



2



3



4



Lie flat on your stomach and place your hands on your lower back, with your elbows relaxed and your chin resting on the floor.

Squeeze your shoulder blades together, lifting your elbows off the floor.



# Helpful hints for a healthy neck

## **Sitting & Standing:**

While sitting or standing, keep neck drawn back and chin tucked in, not up. A proper chair will support your arms and shoulders to help prevent strains of the neck due to forward thrust.

## **Reaching:**

Do not reach for a shelf higher than your head. Stand on a stool. Do not reach or look up for any length of time.

## **Driving:**

Sit close enough to the wheel while driving, so that your legs are not fully extended when you work the pedals.

## **Resting & Sleeping:**

Do not lie on the couch to watch TV; sit up properly. Do not prop your head up or forward on high pillows while reading or watching TV.

## **Sleep:**

Do not sleep on your stomach.

If you lie on your side, adjust your pillow to maintain your head and neck are in a neutral position. Keep your arms down by your side.

If you sleep on your back, put a pillow under your neck, not your head.

The proper pillow is 3-4 inches thick, 6-7 inches wide, 16 inches long.

## **See your doctor:**

If your neck acts up, see your doctor; do not wait until your condition gets severe.