

Education

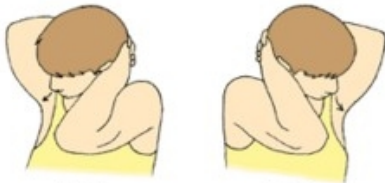
Neck Spasm Rehabilitation Exercises

You may do these exercises right away.

- Neck flexion Right: Turn your head to the right and clasp your hands behind your head. Let the weight of your arms pull your chin to the right side of your chest. Relax. Hold for a count of 15. Do this 3 times. Left: Turn your head to the left and clasp your hands behind your head. Let the weight of your arms pull your chin to the left side of your chest. Relax. Hold for a count of 15. Do this 3 times.
- Chin tucks: Place your fingertips on your chin and gently push your head straight back as if you are trying to make a double chin. Keep looking forward as your head moves back. Hold 5 seconds and repeat 5 times.
- Upper trapezius stretch: The upper trapezius muscle connects your shoulder to your head. Sitting in an upright position, put your right arm behind your back and gently grasp the right side of your head with your left hand to help tilt your head toward the left. You will feel a gentle stretch on your right side. Hold for 15 to 30 seconds. Repeat 3 times on each side.
- Neck rotation Right side: Rotate your neck by looking over your right shoulder. Lift your right hand and place your palm on the left side of your chin. Push your chin with your palm toward your right shoulder. Hold for a count of 10. Do this 3 times. Left side: Rotate your neck by looking over your left shoulder. Lift your left hand and place your palm on the right side of your chin. Push your chin with your palm toward your left shoulder. Hold for a count of 10. Do this 3 times.
- Scapular squeezes: While sitting or standing with your arms by your sides, squeeze your shoulder blades together and hold for 5 seconds. Do 3 sets of 10.
- Thoracic extension: While sitting in a chair, clasp both arms behind your head. Gently arch backward and look up toward the ceiling. Repeat 10 times. Do this several times per day.

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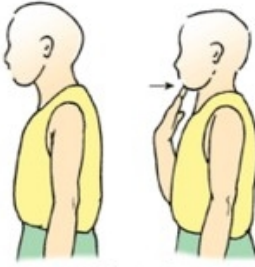
Neck Spasm Exercises



Right

Left

Neck flexion



Chin tucks



Upper trapezius stretch



Neck rotation



Scapular squeezes



Thoracic extension