
Education

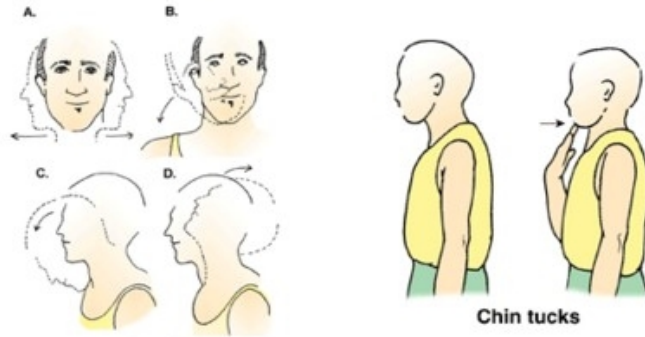
Neck Strain Rehabilitation Exercises

Do these exercises only if you do not have pain or numbness running down your arm or into your hand. The first 4 exercises are meant to help your neck remain flexible. The last exercise (head lifts) will help you maintain or regain your range of motion.

- Neck range of motion exercises
 1. Neck rotation: Sit in a chair, keeping your neck, shoulders, and trunk straight. First, turn your head slowly to the right. Move it gently to the point of pain. Move it back to the forward position. Relax. Then move it to the left. Repeat 10 times.
 2. Neck side bend: Tilt your head so that your right ear moves toward your right shoulder. Move it to the point of pain. Then tilt your head so your left ear moves toward your left shoulder. Make sure you do not rotate your head while tilting or raise your shoulder toward your head. Repeat this exercise 10 times in each direction.
 3. Neck flexion: Bend your head forward, reaching your chin toward your chest. Hold for 5 seconds. Repeat 10 times.
 4. Neck extension: Bring your head back so that your chin is pointing toward the ceiling. Repeat 10 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.
- Scalene stretch: This stretches the neck muscles that attach to your ribs. Sitting in an upright position, clasp both hands behind your back, lower your left shoulder, and tilt your head toward the right. Hold this position for 15 to 30 seconds and then come back to the starting position. Lower your right shoulder and tilt your head toward the left until you feel a stretch. Hold for 15 to 30 seconds. Repeat 3 times on each side.
- Neck isometric exercises
 1. Neck flexion: Sit tall, eyes straight ahead, and chin level. Place your palm against your forehead and gently push your forehead into your palm. Hold for 5 seconds and release. Do 3 sets of 5.
 2. Neck extension: Clasp your hands together and place them behind your head. Press the back of your head into your palm. Hold 5 seconds and release. Do 3 sets of 5.
 3. Neck side bend: Place the palm of your hand at the side of your temple and press your temple into the palm of your hand. Hold 5 seconds and release. Do 3 sets of 5 on each side.
- Head lifts
 1. Neck curl: Lie on your back with your knees bent and your feet flat on the floor. Tuck your chin and lift your head toward your chest, keeping your shoulders on the floor. Hold for 5 seconds. Repeat 10 times.
 2. Neck side bend: Lie on your right side with your right arm laying straight out. Rest your head on your arm, then lift your head slowly toward your left shoulder. Hold for 5 seconds. Repeat 10 times. Switch to your left side and repeat the exercise lifting your head toward your right shoulder.
 3. Hands and knees neck extension: Get on your hands and knees and look down at the floor. Keep your back straight and let your head slowly drop toward your chest. Then tuck your chin and lift your head up until your neck is level with your back. Hold this position for 5 seconds. Repeat 10 times.

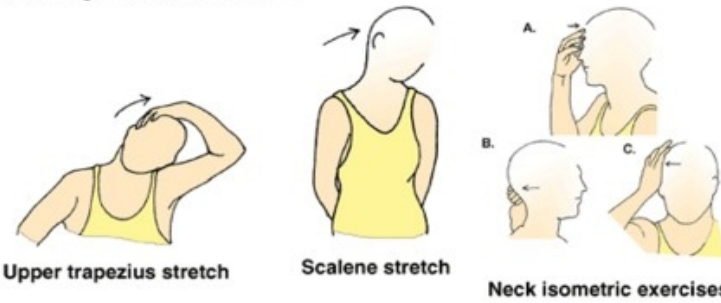
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Neck Strain Exercises



Neck range of motion exercises

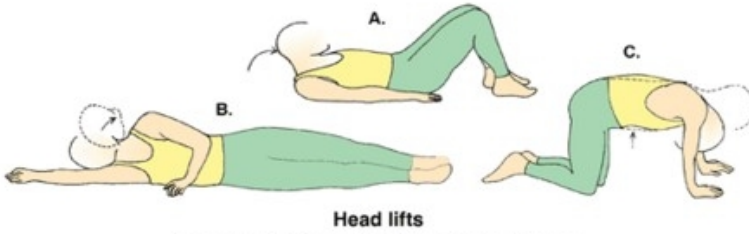
Chin tucks



Upper trapezius stretch

Scalene stretch

Neck isometric exercises



Head lifts