Exercises for Neck Pain

belridge chiropractic

The following exercises are designed to restore flexibility to the joints in your neck by lengthening shortened muscles and connective tissue. Proper spinal movement is essential for optimum nervous system function and improved healing and repair.

Instructions

1. The following exercises should be performed **1-2x/day**.
2. Hold each stretch for **60 seconds** and repeat **1x/each** unless otherwise stated. Perform on both sides.
3. You should not feel any pain while performing the stretches so make sure you stretch to your comfort level.

Disclaimer: Please consult your Chiropractor before performing these exercises as they may not be suitable for everyone or may need to be adapted for your individual needs.

Upper Trapezius Stretch (Shoulder Stretch)

While sitting or standing gently lean your neck to one side until you start to feel a mild-moderate stretch. You can gently place your hand on your head for overpressure but make sure you don't pull on your neck.

Flexion/Extension Exercises

While sitting bring your head towards your chest (flexion) until you start to feel a mild-moderate stretch. Hold for **10 seconds** then gently bring the head back (extension) so that you are looking up towards the ceiling. Hold again for **10 seconds.** Repeat **5 times.** Stop exercises if you feel dizzy at any point.
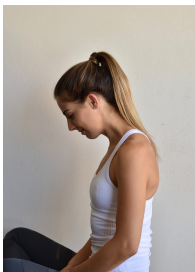
Levator Scapulae Stretch (Neck and Shoulder Stretch)

While sitting or standing turn the head and try to bring the nose into the underarm. Gently place the hand on the head and apply overpressure until you start to feel a mild-moderate stretch down the back on the neck. Perform on both sides.
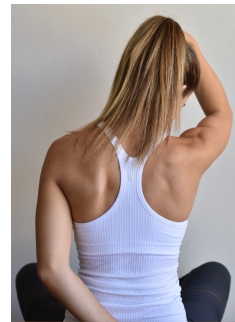
Shoulder Blade Squeezes

Begin by sitting or laying down with your back straight. Squeeze your shoulder blades together as hard and far as possible pain-free. Hold for **5 seconds** and **repeat 10 times.**

Chin Tucks

While sitting or lying on your back, slowly nod your head so that you create a double chin. Make sure the muscles at the front of the neck stay as relaxed as possible. Hold for **5 seconds** and **repeat 10 times.**