

# Neck Care Program

## Check List-Perform checked exercises.

Try to perform exercises daily. Do not do an exercise if it causes pain. Only do checked exercises.

Picture

Check box

Video

## Stretches/Exercises:

### Doorway Chest Stretches

Keep back straight, place elbows on doorway, go to first resistance barrier and hold, for 1-3 sets for 15 to 45 seconds. Variation: place elbows at different heights, keep arms straight, or do one arm at a time.



### Trapezius Muscle Stretches

Hold the leg or seat of the chair tightly with one hand. Side flex with slight rotation your head to the opposite side without flexing your head forward, add slight over pressure with hand. Stop if you have pain. Go to first resistance barrier and hold, for 1-3 sets for 15 to 45 seconds.



[https://www.youtube.com/watch?v=r0eoFS7\\_5Q](https://www.youtube.com/watch?v=r0eoFS7_5Q)

### Levator Scapulae Stretches

See video. Stop if you have pain. Go to first resistance barrier and hold, for 1-3 sets for 15 to 45 seconds.



<https://www.youtube.com/watch?v=GS0XPJRN6E>

### Scalene Stretch

You can also do the one pictured to the right by holding down the collarbone, while rotating and looking to the sky in the opposite direction. Hold both stretches. Stop if you have pain. Go to first resistance barrier and hold, for 1-3 sets for 15 to 45 seconds.



### Posterior Shoulder Lower Trap Stretch

Hold stretch for 15 to 45 seconds for 1-3 sets



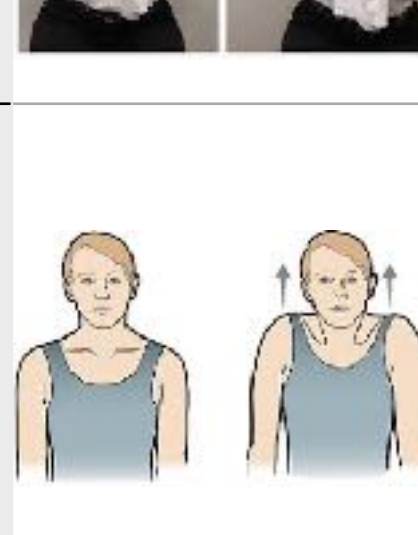
### Neck Extension with Stretch

- Sit at the back of a chair with an upright posture while holding a towel wrapped around your neck- Now stretch your spine up and over the back of your chair.- Keep tension in the towel, to support your neck.- Do 5-10 Extensions



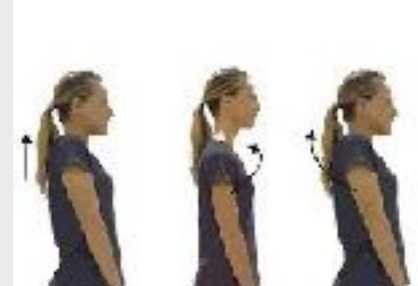
### SNAGS

Place the edge of a towel or pillow case behind the neck. Reach across and pull the towel straight down to anchor it. With your opposite hand, reach over the top of your arm and pull the towel across your cheek to turn your head in the same direction. Repeat on the other side. Place the edge of a towel or pillow case behind the neck. Reach across and pull the towel straight down to anchor it. With your opposite hand, reach over the top of your arm and pull the towel across your cheek to turn your head in the same direction. Repeat on the other side.



### Shoulder Retraction with Shrugs

Keeping shoulder blades squeezed together pull shoulders up and back for 10-20 reps. Do not do hard. Go slowly and light.



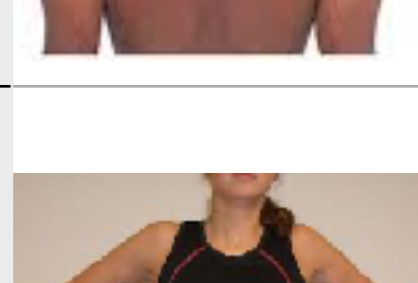
### Shoulder Rotational Shrugs

Pull shoulders up and back and down in a rotational motion. Repeat the other way for 10-20 reps. Do not do hard. Go slowly and light.



### Anti Shrug with Retraction

Keeping shoulder blades squeezed together pull shoulders Down and Back for 10-20 reps Do not do hard. THE OPPOSITE OF A SHRUG UP. Go slowly and light.



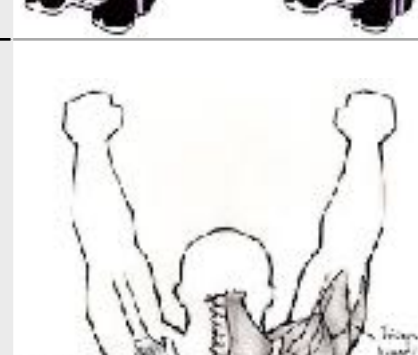
### Shoulder Retraction with Elbow Bent Shrugs also known as Monkey Shrugs

Keeping shoulder blades squeezed together pull shoulders up and back HOLDING WEIGHTS/BAND IN HAND WITH ELBOWS BENT for 10-20 reps. Do not do hard. Go slowly and light.



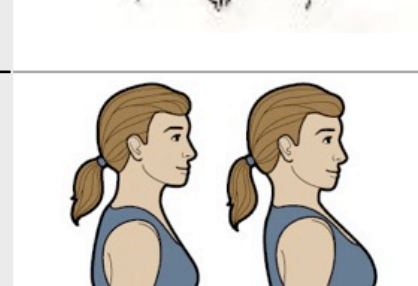
### Overhead Shrugs with Arms Straight

With arms overhead keeping shoulder blades squeezed reach up to the ceiling and back down keeping arms straight 10-15 reps. Do not do hard. Go slowly and light.



### Neck Retraction Exercises (chin tucks)

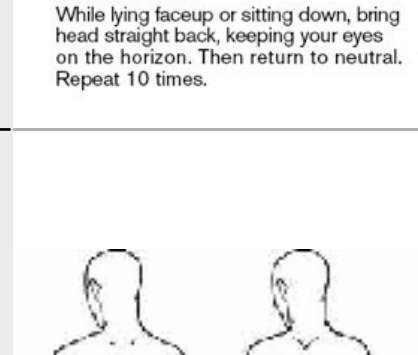
Keeping back straight, bring head straight back looking at the horizon, some call this the chin tuck, hold for 5 to 15 seconds for 1-3 sets.



<https://www.youtube.com/watch?v=7rnIAVhAK-8>

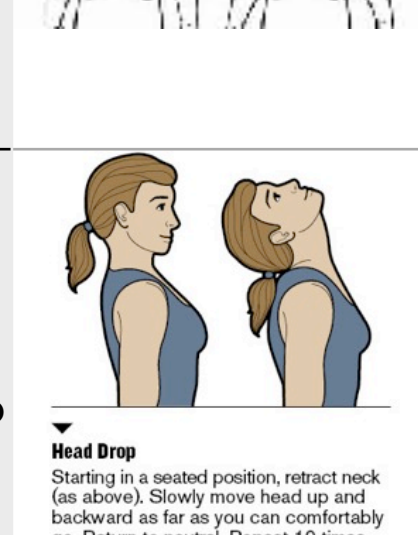
### Neck Chin Tuck and Shoulder Retraction Exercises

Keep back straight, bring head straight back looking at the horizon, some call this the chin tuck, while at the same time retract shoulders (squeeze shoulder blades together) and anti-shrug (push elbows to floor), which is called shoulder packing, hold for 5 to 15 seconds 1-3 sets.



### Head Drop Exercises

Retract neck back (chin tuck) and pack shoulders. Slowly move head up and backward as far as you can comfortably. Return to neutral. Repeat 10 times. If you do not have cervical stenosis/degeneration you can try this exercise into flexion from a chin tucked position.



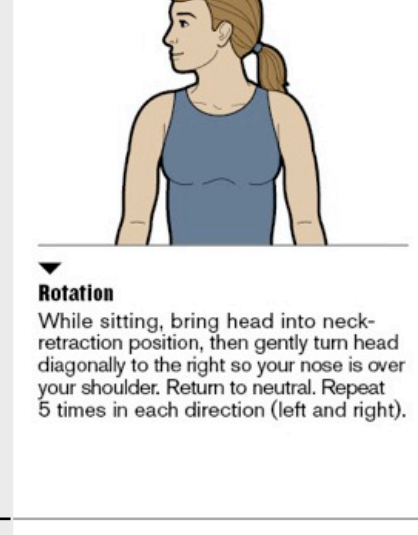
### Head Rotation Exercises

Retract neck back (chin tuck) and pack shoulders. Slowly rotate head to one side in order to see shoulder tip and slowly return, repeat other side. Return to neutral. Repeat 10 times.



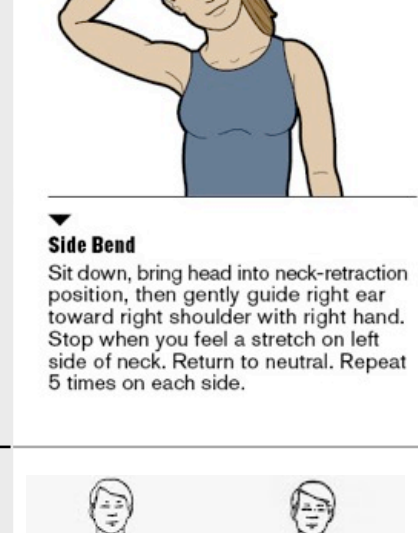
### Head Rotation Exercise with Opposite Body Twist

Retract neck back (chin tuck) and pack shoulders. Slowly rotate head to one side in order to see shoulder tip and then rotate torso in opposite direction, hold for 15 to 30 seconds repeat other side.



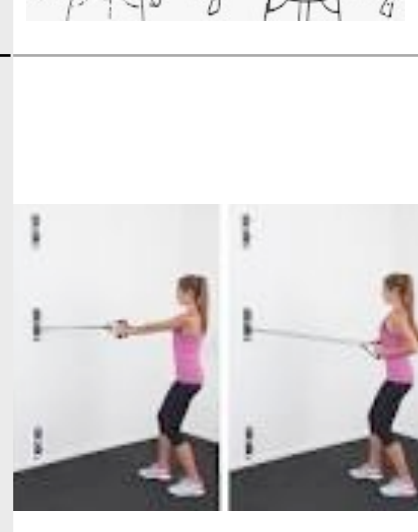
### Lateral Flexion Exercises

Retract neck back (chin tuck) and pack shoulders. Slowly bend head laterally with slight over pressure. Return to neutral. Repeat 10 times.



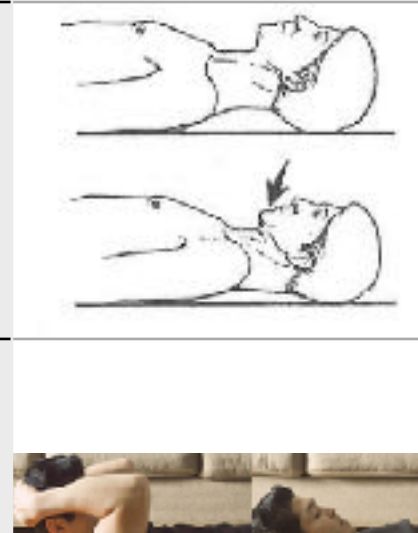
### External Rotation with Bands

Keeping elbows against side at all times and holding band in each hand at 90 degrees externally rotate and squeeze shoulder blades together. Repeat 10 to 15 times. You can also do this exercise with palms down and up.



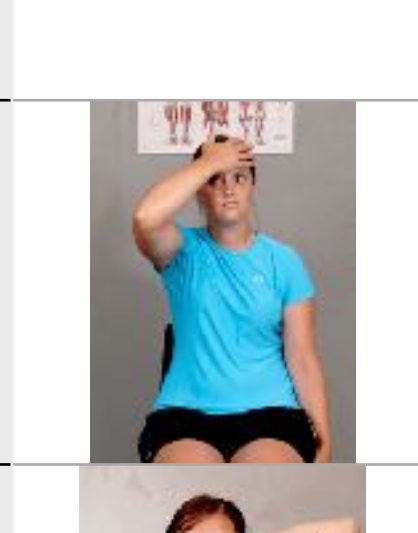
### Row with Bands

Place band around support, with arms fully extended pull band into body squeezing shoulder blades together. Repeat 10 to 15 times. You can also do this motion with straight arms or elbows up trying to squeeze shoulder blades down and together



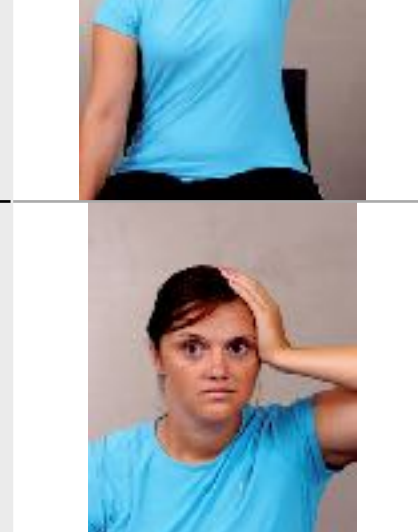
### Cervical Flexor Endurance Training

Perform 5-10 reps at 5 to 10 second holds Supine on back chin tuck, keeping chin tucked actively raise the head, hold the head flexed with chin tuck for 5 to 10 seconds, slowly lower head keeping chin tucked. Raise head just enough that a piece of paper could go underneath.



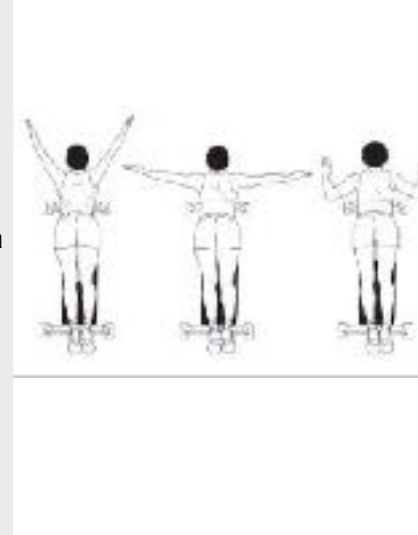
### Cervical Flexor Endurance Advanced Training

Perform 5-10 reps at 5 to 10 second holds Supine on back tuck chin into chest, keeping chin tucked actively flex the head toward the chest using your hand to assist if needed, hold the head flexed forward with chin into chest for 5 to 10 seconds, slowly lower head keeping chin tucked



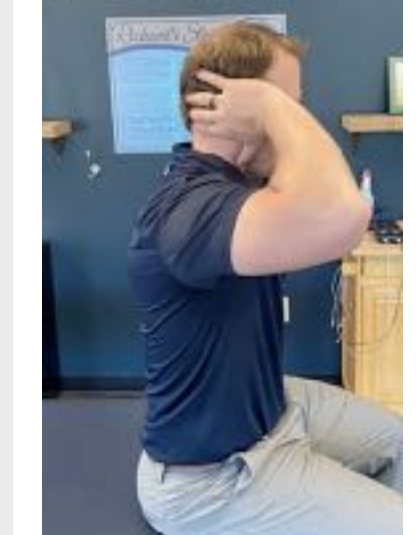
### Cervical Isometric Training

Sit in a chair with your back supported and your head in the neutral position. Place your hand across your forehead. Push your head and neck forward as moderate to somewhat hard as while firmly resisting any movement of your head with your hand. Push for 10 seconds, then relax, and repeat three times.



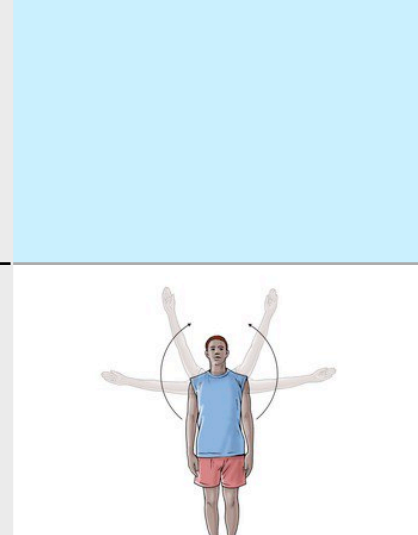
### Cervical Isometric Training

Similarly, place your hand against the back of your head as you try to push your head backward against the resistance of your hand. Push moderate to somewhat hard for 10 seconds, relax, and repeat three times.



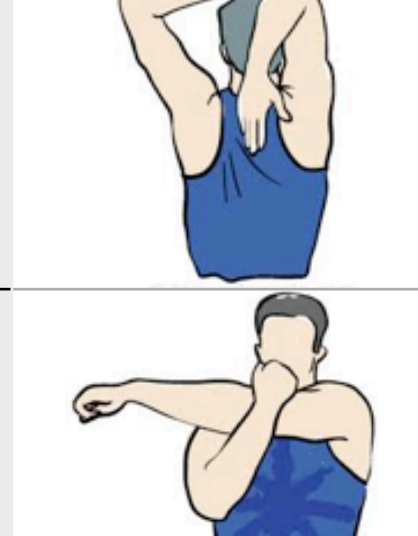
### Cervical Isometric Training

Do the same by bending your neck to either side, again pushing moderate to somewhat hard against the resistance of your hand that is placed against the side of your head. Push for 10 seconds, relax, and repeat three times.



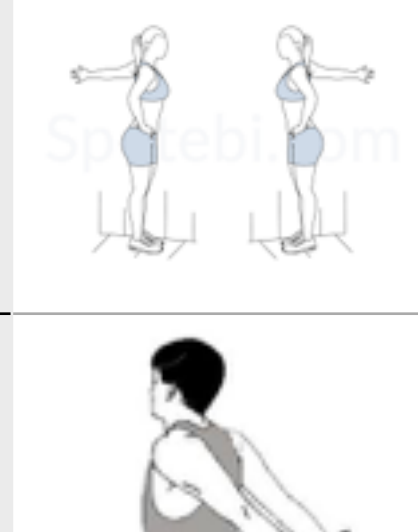
### Prone YTW

Lay on your stomach and begin with your arms extended in front of you forming a "Y". From here squeeze your shoulder blades back and down and lift the arms off then bring the arms straight out from your sides in a "T" maintaining the shoulder blades pulled back. After holding the "T" position continue to hold the arms off the floor and bring the arms into a "W" position with the wrists higher than the elbows and thumbs driving towards the ceiling. Now you may relax the shoulder blades and return the arms to resting in the "Y" position.



### Self Distraction

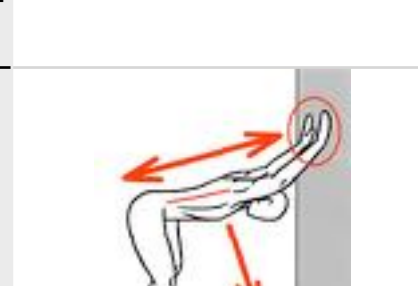
With your hands feel for the two bony bumps at the back of the skull, place the base of your thumbs on these points and interlace the fingers. Gently squeeze your hands around the base of the skull and move the hands up, you may also slightly tilt the chin to your chest while you do this. Maintain for up to 30 seconds and take notice of any changes in pain or symptoms. Hold for several seconds if it feels good and repeat.



## Other Exercises:

### Arm Abductions

From your side with palms up raise arms up and down several times throughout the day for 10-15 reps at a time.



### Triceps Stretch

Hold stretch for 15 to 45 seconds for 1-3 sets



### Posterior Shoulder Stretch

Hold stretch for 15 to 45 seconds for 1-3 sets



### Single Arm Pectoral Stretch

Hold stretch for 15 to 45 seconds for 1-3 sets



### Lower Pectoral Stretch

Hold stretch for 15 to 45 seconds for 1-3 sets



### Crocodile Pose

Lie down on your stomach with your feet shoulder-width apart, and rest your hands one on top of the other under your chin. When you're in place, lie flat and rest your forehead on your stacked hands. This will actually release lower back compression as well, but the main thing you want to visualize and focus on here is lengthening your spine and releasing any tension in your upper back and neck. Breathe deeply and try to relax here.



### Posterior Shoulder Lower Trap Stretch

Hold stretch for 15 to 45 seconds for 1-3 sets

