



# Neck Pain Exercises

➤ Always remember to breathe!

➤ Stop if you feel pain.

➤ Stretch slowly.



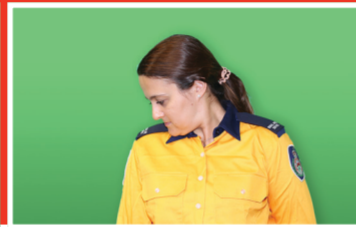
## Head Turn

Stand/sit tall with good posture, head facing forwards. Breathe in, as you breathe out slowly turn your head to the right as far as is comfortable. Face forward again, breathe in, as you breathe out slowly turn your head to the left as far as comfortable. Repeat 3 times.



## Double Chins

Stand/sit tall with good posture. Keeping your head straight (do not look up or down) tuck your chin in (make double chin). Repeat 10 times.



## Neck Rolls

Stand tall with good posture. Turn your head to the left and look down towards the left underarm. Slowly roll your head from left to the right underarm. Stop at the right shoulder and slowly roll your head back to the left. Repeat 3 times.



## Shoulder Rolls

Stand tall with good posture. Roll your shoulders backwards, starting with small rolls. Increase the rolls to full elbow movement getting into the upper back and neck muscles. Repeat 10 to 20 times.



## Chin to Chest

Stand/sit tall with good posture. Tuck in chin. Bring chin to chest. Hold for 15 seconds. Feel stretch down the back of the neck.



## Look Over Your Shoulder

Stand tall, shoulders back. Turn your head to one side. Hold stretch for 15 seconds and repeat on other side. Feel stretch down the side of your neck.



## Ear to Shoulder

Stand with good posture, looking forward. Reach behind with your right hand, placing the back of your hand between the shoulder blades. Tilt head left and hold for 15 seconds. Release right hand and reach behind you with your left and tilt your head to the right. Feel stretch down the side of the neck.

### IMPORTANT!

Information regarding stretches and exercise on this smart card is of a general nature only. You should consult your physician or other health care professional before attempting any of the stretches or exercises on this smart card or before starting any exercise or fitness program to determine if it is safe or right for you. Stretching and exercise is not without risk of injury and the risk of injury is increased if you or your family have a history of high blood pressure or heart disease; if you smoke; if you have ever experienced chest pain; if you have high cholesterol; if you are overweight or obese; if you have bone or joint problems; or previous injuries or pre-existing conditions or abnormalities. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

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