

Exercise plan:  
**Neck pain - EASY**

Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**01st May 2024**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

### Neck Flexion

Tuck your chin in and then roll your head forwards. You should feel a gentle stretch at the back of your neck. Return to the start position.

**Sets: 3 | Repetitions: 10 | Days per week: 5-7**

Video: <http://youtu.be/NZHdC0aeJls>



### Neck Rotation Stretch Lying

Lie flat on your bed, or on the ground. You can use a pillow if you feel more comfortable, or a towel. Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

HEAD ON A PILLOW

**Sets: 3 | Repetitions: 5 | Time: relax for 5 seconds | Days per week: 5-7**

Video: <http://youtu.be/Z5Vih8KT2uc>



## Shoulder Rolls

Standing with good posture, and your arms by your side, move your shoulders backwards, up, forwards and down in a circular movement. Your arms remain by your side.

**Sets: 3 | Repetitions: 10 | Days per week: 5-7**

Video: <http://youtu.be/X7NtgY9kCCM>



## Sitting Rotation

Sit upright on a chair, with your feet flat on the floor. Cross your arms over your shoulders. Twist to one side keeping your head and hips still. Repeat to the opposite side. This exercise is a great mobility exercise for the spine.

**Sets: 3 | Repetitions: 10 each way | Days per week: 5-7 | Both sides**

Video: <http://youtu.be/JEDRfMbURRU>

