

Exercise plan:  
**Neck pain - ADVANCED**

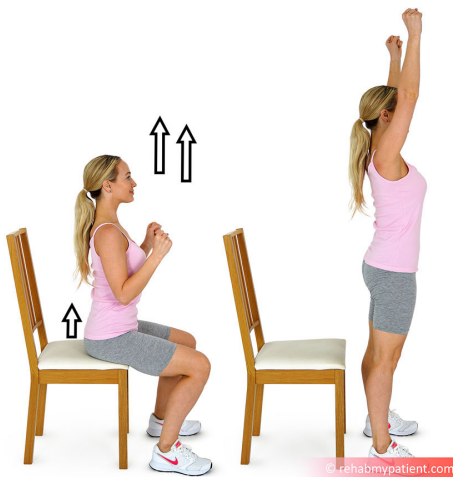
Patient:  
**CHCP WEBSITE EXERCISES**

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.



### Sit to Stand with Arms in Elevation

Stand in front of a chair with your elbows bent and fists clenched. As you sit on the chair, elevate both arms above your head as far as feels comfortable. Return to the start position flexing your elbows and moving your arms back down as you stand up. This is an elevation re-education exercise for the shoulder.

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

Video: <https://youtu.be/MHNcRcV35-w>



### Wall Press-Up

Position yourself in a press-up position with your arms straight, and palms flat on the wall. Drop your chest towards the wall by bending your elbows. Hold this position for 1-2 seconds. Return to the start position. This is a chest, back and shoulder strengthening exercise. You can make the exercise harder by standing further back from the wall.

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

Video: <http://youtu.be/w8in7tdjsaY>



## Open Book

Lie on your side, with your bottom leg straight, and your top leg resting on two pillows to keep your leg in alignment with your pelvis. Place your arms and hands together. Slowly rotate your upper back as you open your arms and shoulders as far as feels comfortable. Your bottom arm remains on the floor. As you open your arms, you follow your hand with your eyes. You should feel a stretch to your upper back, chest and shoulder.

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

Video: [https://youtu.be/MlnTwM\\_CSyQ](https://youtu.be/MlnTwM_CSyQ)



## Superficial Neck Extensor Strengthening

Kneel down on the floor, or on a bed, so you are on your hands and knees. Move your neck downwards, into full flexion (bend). Extend your neck as if you were to look up at the ceiling. Imagine you are rotating your head upwards around an axis going through your ears. This will help to strengthen your superficial neck Extensors.

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

Video: [http://youtu.be/p\\_8VuKxiCRs](http://youtu.be/p_8VuKxiCRs)



## The Mirror

Stand in front of a mirror or object on the wall at head height. Keep your gaze on the mirror or object and also keep your head still as you rotate your body underneath you, turning your body to the left and then the right by stepping around as far as is comfortable.

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

Video: <https://youtu.be/BG2r2eQkD8Y>