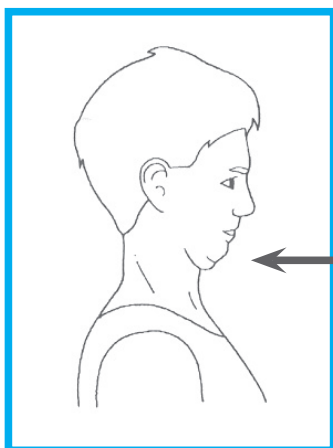




Neck Exercises For Neck & Arm Pain

CNA1

Do these exercises when sitting down 1-2 x day

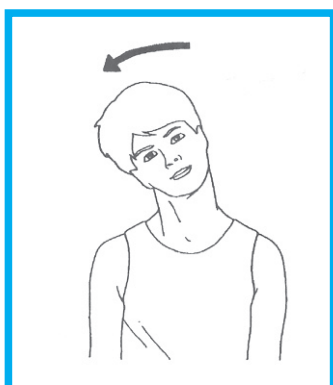


1. Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position, feeling a stretch in your neck.

You may find it easier to do these exercises lying down, if so place a pillow under your head and gently tuck your chin in and hold (see videos)

Hold 5 - 10 seconds

Repeat 5 times



2. Tilt your head toward one shoulder until you feel a stretch on the opposite side.

Hold 10 seconds

Repeat 3 times on each side.



3. Turn your head to one side until you feel a stretch.

Hold 10 seconds

Repeat 3 times on each side.

It may be useful to combine these exercises with some heat before or after.

If you experience any dizziness or increase in arm symptoms during an exercise – stop the one/s you think may be causing it until you discuss with the physiotherapist.