

Neck Strengthening Exercises

The following booklet contains a number of exercises which will help to strengthen the neck and shoulder area, and aims to help improve neck pain.

For maximum benefit these exercises should be carried out approximately 2-3 days per week. You do not have to do all of these exercises at once and may wish to choose 2-3 exercises to do during each session and alternate the exercises as needed. Start with 2 sessions per week.

It is best to have at least one day of rest between sessions to improve recovery.

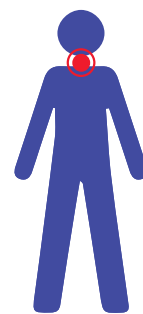
Repeat the exercises until you start to feel your neck/shoulder becoming moderately tired but not increasing pain (some mild discomfort can be expected especially if this is very new to you and this is ok and very normal).

If you feel discomfort grade it from 0-10 (0 being no pain and 10 being the highest). When doing these exercises do not push discomfort past a 4/10 on this scale, if this happens you may need to do less repetition's or have more rest days between exercises.

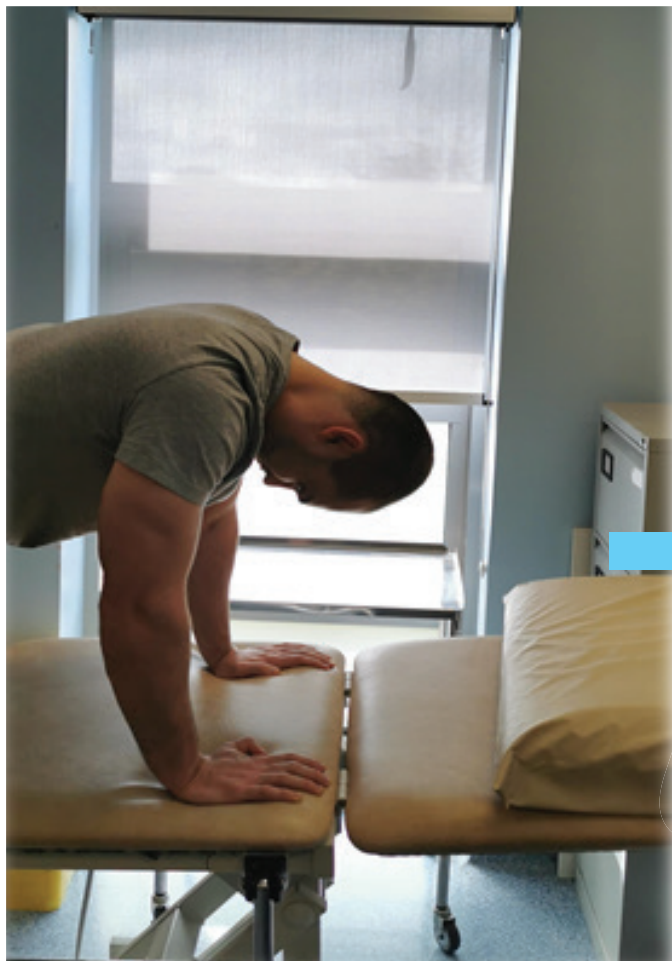
Some of the exercises use basic weights. If you do not have any weights or resistance bands at home you can use cans of beans, bottles of water or weigh out 2-3 kilograms of rice in an old sock for a homemade weight.

Only use heavier weights when your starting weights become easier for you, this can take weeks so be patient.

Further information and advice available at: www.sunderlandims.co.uk



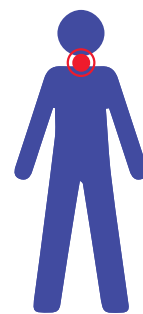
Neck Strengthening Exercises



Neck Extension

1. Start with your chin tucked into your chest
2. Slowly lift your chin away from your chest until your neck is completely straight.
3. Lower your neck back to starting point slowly and repeat the exercise.

You can do this on all fours or lying on your stomach.

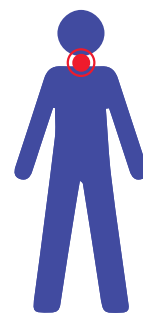


Neck Strengthening Exercises



Neck Flexion's

1. Lie on your back with a pillow under your head.
2. Lift your head off the pillow bringing your chin to your chest
3. Slowly return to starting position and repeat



Neck Strengthening Exercises



Side Bends

1. Lie on your side with your head resting on a pillow
2. Lift your head off the pillow as if bringing your ear towards your shoulder
3. Slowly lower your head back down to the pillow and repeat.



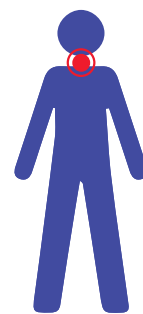
Neck Strengthening Exercises



Bent over Row/start the lawnmower

1. Bend over with your back and neck straight. Keep knees slightly bent.
2. Bend elbow and "Row" backwards squeezing shoulder blades together.

Hold for 3-5 seconds, lower and repeat.

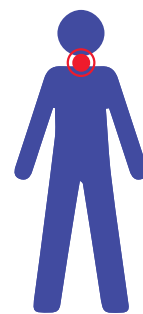


Neck Strengthening Exercises



Shoulder Shrugs

1. Start with hands by your side and shoulders relaxed, holding a small weight in each hand (i.e. start with a can of beans)
2. Shrug your shoulders up towards the roof, move with your shoulders - keep your neck relaxed and hold for 3-5 seconds, slowly lower and repeat the exercises.



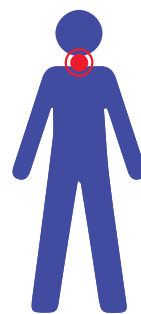
Neck Strengthening Exercises



Shoulder Press

1. Start with elbows bent and palms facing you
2. Straighten your arms above your head turning your palm away from your face as you do so.
3. Return to starting point and repeat.

This can be done on one side at a time and alternate or both arms at once.



Neck Strengthening Exercises



Lateral Raises

1. Start with your arms by your side.
2. Lift your arms away from your body out to the side just about shoulder height
3. Slowly lower back to starting point and repeat.



Neck Strengthening Exercises



Bicep Curls

1. Start with elbows straight and palms facing away from you. Keep elbows tucked by your side
2. Bend your elbows bringing hand to shoulder and slowly return to start point
3. Repeat exercise