

OCATS



Bridgewater
Community Healthcare
NHS Foundation Trust

Musculoskeletal Physiotherapy OCATS

Health Services at Wolves

Neck Mobility Exercises

Guidance

- You have been provided with these exercises to help improve your neck stiffness and pain.
- These Exercises are intended to assist with the mobility for your neck through the rehabilitation process.
- These exercises are intended as a guide and prior to starting you should have had some instruction from your physiotherapist or medical professional.
- The sets and reps outlined in this leaflet are intended as a guide – you may wish to do less or more, but can progress these at your own pace.
- If you experience worsening symptoms while completing the exercises you may want to seek guidance from your physiotherapist.
- Progress at your own pace, as your pain/stiffness allow, under the supervision/guidance of your physiotherapist/medical professional.



**Repeat 10 times
Repeat little and often
throughout the day**

Cervical Chin Tuck

Sit upright with your shoulder blades squeezed together.

Pull your chin in gently (not fast or aggressively), keeping your neck and head straight with your eyes looking forwards (not tipping your head upward or downwards).

Hold at the end position for 2 seconds and feel the stretch behind your neck.



**Repeat 10 times
Repeat little and often
throughout the day**

Cervical Extension with Chin Tuck (Looking Up)

Sit upright with your shoulder blades squeezed together and your chin tucked in gently.

Whilst keeping your chin tucked in, look up towards the ceiling stretching your head backwards. Go as far as comfortable then return to the starting position.

Remember to do this at a relatively moderate pace (you are trying to get your joints / muscles moving). If you feel severe pain you have gone too far; a mild to moderate dull ache is normal initially.

Gradually the pain and range of movement should improve the more you do the exercise over the coming days / weeks.



**Repeat 10 times
Repeat little and often
throughout the day**

Cervical Flexion with Chin Tuck (Looking Down)

Sit upright with your shoulder blades squeezed together and your chin tucked in gently.

Whilst keeping your chin tucked in, bend your head forward until you feel the stretch behind your neck. Go as far as comfortable then return to the starting position.

Remember to do this at a relatively moderate pace (you are trying to get your joints / muscles moving). If you feel severe pain you have gone too far; a mild to moderate dull ache is normal initially.

Gradually the pain and range of movement should improve the more you do the exercise over the coming days / weeks.



**Repeat 10 times
Repeat little and often
throughout the day**

Cervical Rotation (Looking over your Shoulder)

Sit upright with your shoulder blades squeezed together and your chin tucked in gently.

Hold onto a chair with both hands to fix your shoulders down.

Rotate your neck so you are looking over your Right shoulder. Go as far as comfortable then return to the starting position.

Remember to do this at a relatively moderate pace (you are trying to get your joints / muscles moving). If you feel severe pain you have gone too far; a mild to moderate dull ache is normal initially.

Gradually the pain and range of movement should improve the more you do the exercise over the coming days / weeks.

Cervical Lateral Flexion (Ear to Shoulder)

Sit upright with your shoulder blades squeezed together and your chin tucked in gently.

Hold onto a chair with both hands to fix your shoulders down.

Bend your neck to the side bringing your Left ear towards your Left shoulder. Go as far as comfortable then return to the starting position.

Remember to do this at a relatively moderate pace (you are trying to get your joints / muscles moving). If you feel severe pain you have gone too far; a mild to moderate dull ache is normal initially.

Gradually the pain and range of movement should improve the more you do the exercise over the coming days / weeks.



**Repeat 10 times
Repeat little and often
throughout the day**

Cervical Self SNAG Towel Exercise

If you find any of the previous Mobility exercises painful, you can try performing them with a towel round your neck. This can normally be less painful and some people find they have an improved range of movement when using the towel.

Place the towel around the bottom part of your neck and pull it forward keeping the tension on the towel throughout the exercise. Then perform any of the previous cervical spine range of movement exercises with the towel pulling forward.

Remember to do this at a relatively moderate pace (you are trying to get your joints / muscles moving). If you feel serve pain you have gone too far; a mild to moderate dull ache is normal initially.

Gradually the pain and range of movement should improve the more you do the exercise over the coming days / weeks.



**Repeat 10 times
Repeat little and often
throughout the day**