

Exercise plan:
Neck Stretches

Patient:
Mrs Julie Dass

Date:
30th Mar 2017



Levator scapulae stretch

Bend your neck forwards, and then side-bend your neck by taking your left ear towards your left shoulder. Hold on to a chair to make the stretch stronger. This will allow you to feel a stretch at the back and side of your neck. You can make the stretch stronger by assisting with your hand.

Video: <http://youtu.be/imLiEN0Kf14>



Isometric neck flexion

Place your palm on your forehead, and resist flexion of your neck while keeping your head still. Hold, and then relax. You should feel the muscles at the front and side of your neck contracting.

Video: <http://youtu.be/WnKcq1Uh8m4>



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.

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

Posterior scalene stretch



Place your fingers in the webbing of your neck (just above the collar bone), and rotate your neck to the opposite side, and tuck your chin down. You will feel the stretch under your fingers at the side of the neck. Hold the stretch, and relax.

Video: <http://youtu.be/EdKGB0v4Mng>

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.

Video: http://youtu.be/p_8VuKxiCRs



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.

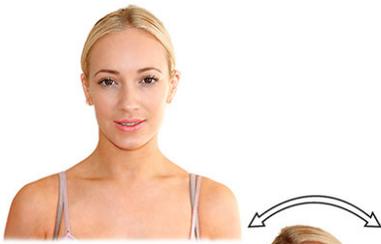
Video: <http://youtu.be/Z5Vih8KT2uc>

Neck semi-circles



Circle your neck to one side, and then the other side. Move your neck in a semi-circle direction. Don't worry if you get some crunching or scrunching in the neck, this is normal. You can use this exercise to get your neck more mobile.

Video: <http://youtu.be/8QCjZMdcIpc>



Neck side flexion mobilisation

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Now repeat to the right. Keep the movement gentle and rhythmical. This exercise will help improve mobility to your neck.

Video: <http://youtu.be/MpUIDH-atys>

Neck side flexion overstretch

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Use your hand to gently pull your head a little further, creating a stretch on the opposite side of your neck. Now repeat to the right. This exercise will help improve mobility to your neck.

Video: <http://youtu.be/fA08D3nj-hs>



Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on stabletherapycentre@gmail.com. Good luck and keep with it!