



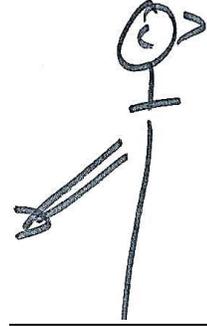
Neck Exercises



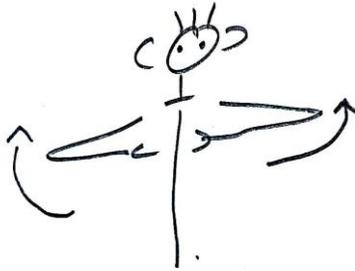
Keep one hand behind the back &
Pull the head gently to the opposite side
___ counts X ___ sets



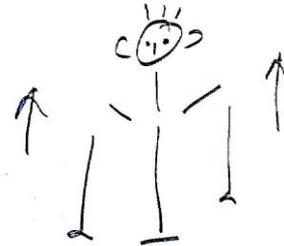
Lift your hands upwards to hold
___ counts X ___ sets



Push your hands backwards
___ counts X ___ Sets



Place your hands across the chest bring
Your shoulder blades together
___ Reps X ___ Sets



Lift your shoulders up and down ___ Reps
X ___ sets



Tuck your chin. ___ counts X ___ sets



Tuck your chin with head turned to
each sides. ___ counts X ___ sets



FITNESS & REHAB FORUM

TIPS TO AVOID / MANAGE NECK PAIN

- ☺ Avoid poking your head, keep chin at fist height and neck straight and not turned to sides.
- ☺ Avoid static / same position for long hours (Tv/ Computer/ Meetings), take an exercise break every 45mins.
- ☺ Keep objects closer to you, avoid reaching for objects and over head activity.
- ☺ Avoid sleeping on the tummy, sleep on the sides with neck supported in neutral or facing up.
- ☺ Avoid carrying weights (Laptops, Groceries etc.,)on the affected neck / shoulder. Back packing, trolleys are better.
- ☺ Ask your physio if you are into exercises (Yoga, Swimming, Gym Etc.,) and rework your Schedule.
- ☺ Apply icepack 15-20 mins, 2-3/day and do your exercises regularly as specified by your physio.