Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Neck and Upper Back Exercises Level 1 - v2

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Neck and Upper Back Exercises - Level 1

Patient Information

Musculoskeletal (MSK) Physiotherapy Services

- Author ID: GE
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Disclaimer

Not all exercises are suitable for everyone and while every precaution was taken in selecting these exercises, they do not come without risks. If you have any concerns regarding injury, or whether or not you should partake in the exercises, then you should consult your General Practitioner (GP) or Physiotherapist prior to commencing any exercises shown here.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and doesn't have an overall negative effect on your symptoms.

The exercise plans shown here are designed to be used as a guide and a point of reference, they are not exhaustive and can be modified and progressed under the supervision of your physiotherapist.

Instructions

- Aim to do the exercise plan 3 to 4 times per week, with at least 1 day off in between to allow for recovery.
- Each exercise is repeated a number of times (for example, 5 or 10 times) to build up strength and flexibility. The repetitions make a 'set'.
- The number of repetitions is a guide and can be increased or decreased according to pain levels. If the exercise causes pain that lasts for more than 2 hours after finishing the exercise, then decrease the repetitions.
- Complete each exercise slowly and in a controlled manner, you should take your time and not rush. Take 30 seconds rest in between each set.

Contact the Physio department if you find the exercises are making your pain worse overall.

Contact Information

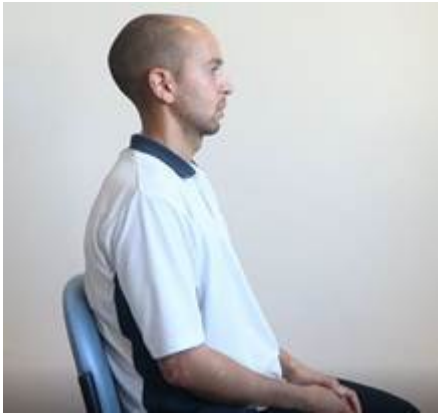
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Neck and Upper Back Level 1 - Exercises 1 to 6



1. Chin Retraction

Sit straight-backed.

Pull your chin in, as if you are gliding your entire head straight backwards. Keep your neck and back straight (not tipping your head forwards or backwards).

Hold at the end position for 1 to 2 seconds and feel the stretch in your neck.

Repeat 10 times.

Sets 2

Stop if the exercise makes you feel dizzy or unwell.



2. Side Flexions

Do in a sitting position.

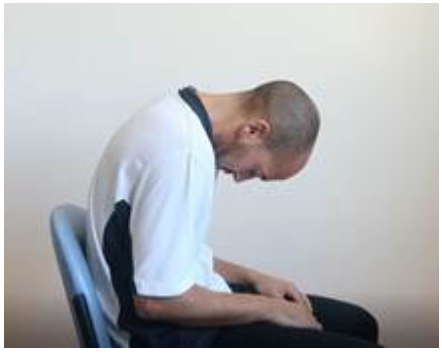
Tilt your head toward one shoulder until you feel the stretch on the opposite side.

Hold approx. 1 - 2 secs. Repeat to other side.
Repeat 5 times each side

Sets 2

Stop if the exercise makes you feel dizzy or unwell.

	3. Extensions Sit, and if possible, place your hands behind your head. Bend your head backwards as far as is comfortable. Hold approx. 1 - 2 secs. Repeat 10 times. Sets 2 Stop if the exercise makes you feel dizzy or unwell.



4. Flexions

Do in a sitting position.

Bend your head forward until you feel a stretch behind your neck.

Hold for approx. 1 - 2 secs.
Repeat 10 times.

Sets 2

Stop if the exercise makes you feel dizzy or unwell.



5. Trunk Rotations

Sit up straight on a chair. Fold your arms across your chest.

Twist your trunk, until you feel a stretch in your side and back.

Hold for 1 to 2 seconds.

Repeat 5 times each side
Sets 2

Stop if the exercise makes you feel dizzy or unwell.

	6. Shoulder Rolls Sit or stand. Roll your shoulders in both directions. Repeat 10 times forwards and backwards. Sets 2



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