Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Neck and Upper Back Exercises Level 2 v2

Version number: **2**
Last modified date: **12th November 2026**

Neck and Upper Back Exercises - Level 2

Patient Information

Musculoskeletal (MSK) Physiotherapy Services

- Author ID: GE
- Leaflet ref: Tpy 024
- Version: 2
- Leaflet title: Neck and Upper Back Exercises Level 2
- Date Produced: January 2024
- Expiry Date: January 2026

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 undertake any of 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

Leigh Health Centre
Telephone: 0300 707 1597
Email: wwl-tr.leighphysio@nhs.net

Platt Bridge Health Centre
Telephone: 0300 707 1772
Email: wwl-tr.mskphysio-bostonhouse@nhs.net

Wigan Health Centre, Boston House
Telephone: 0300 707 1113
Email: wwl-tr.mskphysio-bostonhouse@nhs.net

Therapy Department- Wrightington Hospital
Telephone: 01257 256305
Email: wwl-tr.therapyadmin@nhs.net

Neck and Upper Back Level 2 – Exercises 1 to 12



1. Flexions

Stand or sit.

Clasp your hands behi
of your arms stretch ne

Hold stretching for app

Repeat 5 times.

Sets 2.

Stop if the exercise ma



1. Extensions

Sit with your hands be

Bend your head backw

Hold for approx. 5 sec

Repeat 5 times.

Sets 2.

Stop if the exercise ma



1. Side Flexion

Sit upright.

Tilt your head toward
opposite side. Using y
side.

Hold for approx.5 secs

Repeat 5 times each si

Sets 2.

Stop if the exercise ma



1. Rotations

Sit upright.

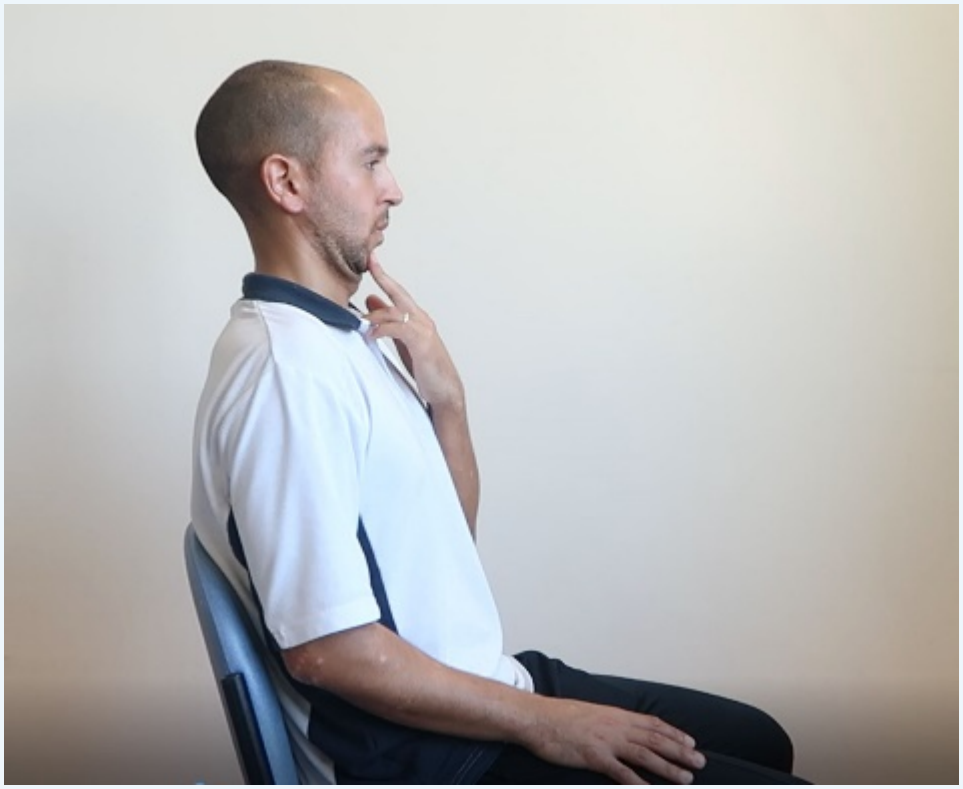
Turn your head to one
gently push your head

Hold for approx. 5 sec

Repeat 5 times each si

Sets 2.

Stop if the exercise ma



1. Retractions

Sit straight-backed.

Pull your chin in. At th
backwards with your f

Hold for 5 seconds and

Repeat 5 times.

Sets 2.

Stop if the exercise ma





1. Cat & Came

On your hands and kn
knees under your hips.

Hollow and then arch
forwards.

The movement can be
when hollowing your
shoulders when you ar

Hold each position for

Repeat 10 times in eac

Sets 2.

Stop if the exercise ma





1. Thoracic Sp

On all fours, put your
hips. Keep your spine

Reach one arm under t
reach towards the ceili

Note: Focus on the mo

Repeat 10 times to eac

Sets 2.

Stop if the exercise ma



1. Resisted Exte

Sit upright.

Try to bend your head b
your hand(s).

Hold approx. 5 secs.

Repeat 5 times.

Sets 3..



1. Resisted Flex

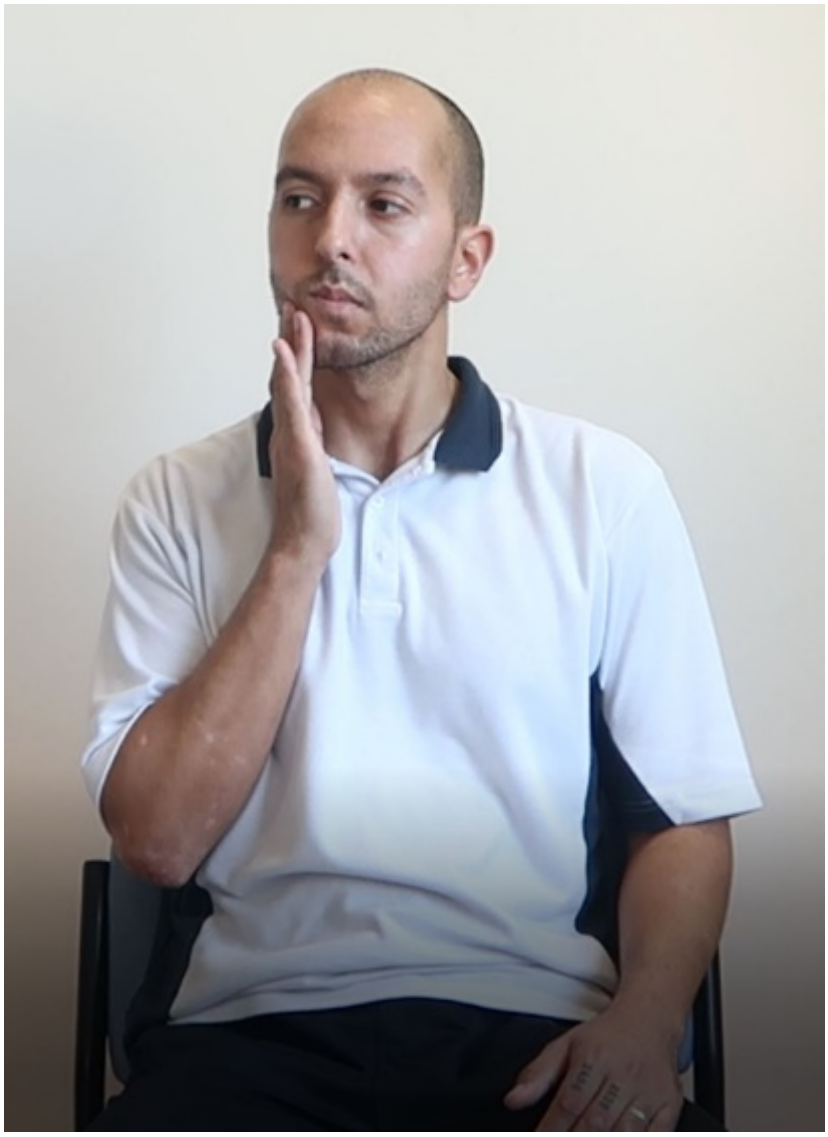
Sit upright.

Try to bend your head f
hand(s).

Hold approx. 5 secs.

Repeat 5 times.

Sets 3.



1. Resisted Side

Sit upright.

Try to turn your head to
your hand.

Hold approx. 5 secs. Re

Repeat 5 times each sid

Sets 3.



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