Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Neck and Upper Back Exercises Level 3

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

Neck and Upper Back Exercises - Level 3

Patient Information

Musculoskeletal (MSK) Physiotherapy Services

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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

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 3 - Exercises 1 to 8



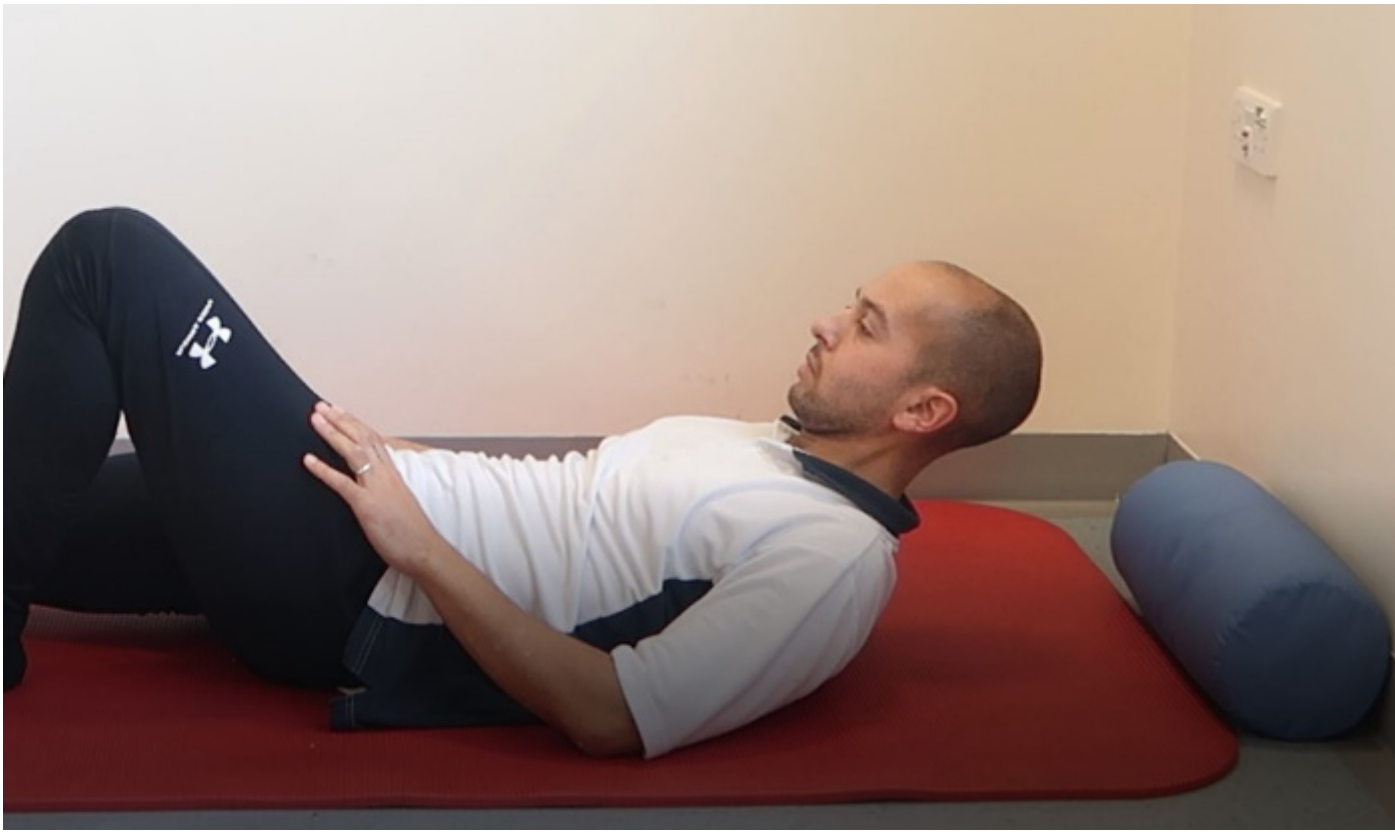
















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