

## NEW NECK

### NECK PAIN PROTOCOL



#### Exercise 1: Deep Cervical Flexor Strengthening

**Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: 3x/wk**

**Start:** Begin lying on your back with arms relaxed at sides.

**Movement:** Lift head, flexing chin to chest. Pause momentarily.

Slowly return to start position. Then repeat for prescribed repetitions and sets.



#### Exercise 2: Head Retraction Sets

**Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: 3x/wk**

**Start:** Begin seated, or standing, looking forward with shoulders back with good neutral posture.

**Movement:** Activate core muscles. Attempt to draw head directly backwards. Maintain level head position. Do not tilt head up or down. Hold for two seconds. Return to start position and repeat for prescribed repetitions and sets.



#### Exercise 3: Cervical Flexion and Extension AROM

**Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: 3x/wk**

**Start:** Begin by attaining good upright posture with shoulders back.

**Movement:** Begin by lowering head down toward chest flexing neck. Once end of range of motion is felt return to start position. Then extend head upward looking at the ceiling. Once end of range of motion is felt return to start position. Repeat as instructed.



#### Exercise 4: Cervical Rotation AROM

**Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: 3x/wk**

**Start:** Begin by sitting upright in chair. Maintain good posture, positioning self on sit bones (*ischial tuberosities*) so that spine is in neutral position.

**Movement:** Activate core muscles. Rotate head fully to one side. Then hold for 5 seconds. Return to straight position. Then rotate fully to opposite side. Hold for 5 seconds and relax. Repeat for prescribed repetitions and sets.



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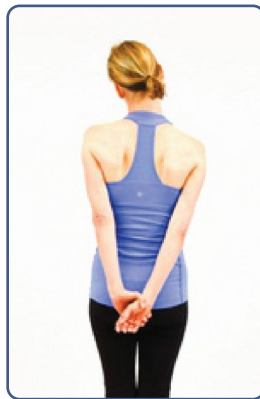
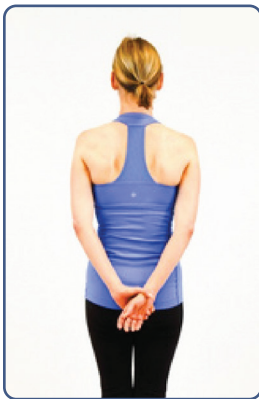


#### Exercise 5: Cervical Side Bending AROM

**Sets: 3 | Reps: 10 | Time: 30sec | Rest: 30sec | Freq: 3x/wk**

**Start:** Begin by sitting upright in chair. Maintain good posture, positioning self on sit bones (*ischial tuberosities*) so that spine is in neutral position.

**Movement :** Activate core muscles. Lean head completely to one side attempting to touch ear to shoulder. Do not raise shoulder. Hold for 5 seconds. Return to straight position. Lean head completely to opposite side. Hold for 5 seconds and relax. Repeat for prescribed repetitions and sets.

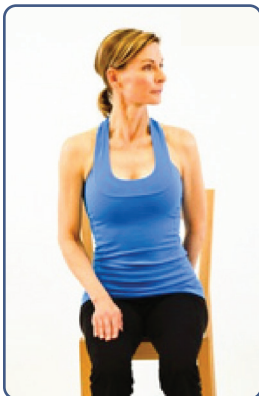


#### Exercise 6: Upper Trapezius/Scalene Stretch

**Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily**

**Start:** Begin in a standing position using the left hand to hold the right wrist behind the back.

**Movement :** Slowly bend neck to the left side while using the left hand to pull down- ward on the right wrist. Stretch should be felt in the upper trap area. Hold for prescribed time and perform the prescribed number of repetitions before switching sides.

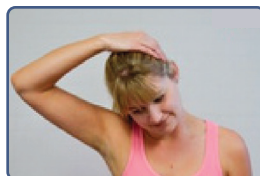


#### Exercise 7: Levator Scapula Stretch Sets

**Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily**

**Start:** Begin seated in chair. Maintain proper sitting posture on sit-bones (*ischial tuberosity*) with shoulders back. Place one hand on thigh and the other behind your back.

**Movement :** While maintaining good upright posture, rotate head towards the side of your body with the hand behind your back. Then lean head away and down attempting to lower opposite ear to back of hand on thigh. A gentle stretch should be felt in upper trapezius and neck. Hold for 20-30 seconds. Repeat for prescribed repetitions and sets. Alternate sides as directed.



#### Exercise 8: Upper Neck Stretch Sets

**Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily**

**Start:** Begin by positioning yourself in a standing or seated position. Place one hand on opposite side of head.

**Movement :** Gently pull head sideways as your chin drops down towards your chest. Attention should be paid not to elevate opposite side shoulder. Hold for recommended duration and repeat as instructed.