

# Neck Pain

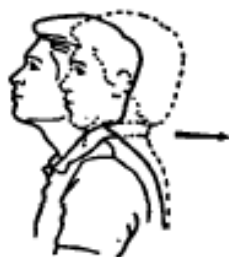
Neck Stretches: Do all 3 (skip any that cause pain):



1. Lower Cervical/Upper Thoracic Stretch:  
Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. You should feel the stretch in your upper back. Hold 15-30 seconds. Repeat 3 times.



2. Levator Scapulae Stretch:  
Place hand on shoulder blade on one side. With your other hand gently stretch head down and away. You should feel the stretch at the base of your skull down to your shoulder blade. Hold 15-30 seconds. Repeat 3 times, each side.



3. Chin Tuck:  
Gently pull head straight back keeping jaw and eyes level. To intensify this exercise, put your hand on your chin and gently push back. You should feel a stretch in the back of the neck, under the base of the skull. Hold 3 seconds. Repeat 10 times.

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Neck Exercises: Start with #1 and 2, and progress to #3 and 4 when these get easy (avoid if they cause pain):



1. Isometric Lateral Bending (beginner: in neutral): Using light pressure from fingertips, press into side of head above ear. Resist bending sideways. Hold 3-5 seconds. Repeat 3-5 times, both directions.



2. Isometric Rotation (beginner: in neutral): Using light pressure from fingertips, press into temple/forehead area. Resist turning head. Hold 3-5 seconds. Repeat 3-5 times, both directions.



3. Isometric Lateral Bending (advanced: out of neutral): Tilt head toward shoulder. Apply light pressure to side of head just above ear and resist tilting head down further. Hold 3-5 seconds. Repeat 3-5 times, both directions.



4. Isometric Rotation (advanced: out of neutral): Turn head to side, apply light pressure to area just in front of temple, resist turning head further. Turn head to other side and repeat. Hold 3-5 seconds. Repeat 3-5 times.

Disclaimer: The following resources have been made available to you by the 25<sup>th</sup> ID. Please use extreme caution when performing exercises as the potential for increased pain, bodily injury, or even death does exist. If in doubt, please seek further medical attention to avoid any problems. These resources are only guides and are not a prescription of any kind.