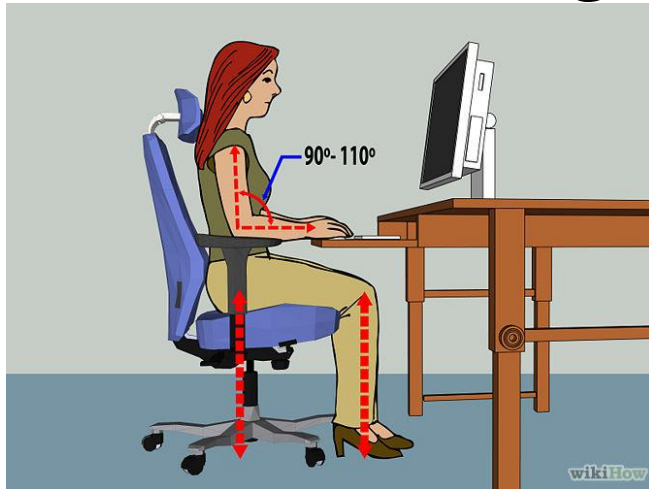


Home Exercise Program for Neck Pain



General Information

Exercise is an important part of treating and preventing neck pain. Neck pain may be the result of poor posture, lack of exercise, emotional stress or injury.

Treat your neck and keep it healthy with good posture and exercise. This will help keep your spine healthy.

When your neck is overworked, you may feel pain in your head, upper back, shoulders and arms. You may also have tingling, numb fingers or feel dizzy or sick to your stomach.

Use a Correct Sitting Posture

Avoid bending over a desk when you read or write.

Raise your work to eye level when you can. This will keep you from bending your head down.

Adjust your computer monitor to your eye level.

Adjust the rear view mirror in your car when you are sitting straight, with your ears in line with your shoulders.

Change Your Position Often

Change your position often. This will keep stress and strain from your neck and upper back. Take lots of breaks when you are working on something for a long time.

This will prevent overuse of the muscles and ligaments that support your neck.

Use Only One Pillow at Night

Support your head with one pillow when you sleep. It should keep your head in a level position. Putting too many pillows under your head can cause a “kink” in your neck in the morning.

Start Moving

An active lifestyle is an important part of treating and keeping a healthy spine. Aerobic exercise (such as walking, biking or swimming) increases blood flow to the muscles, ligaments and discs in your neck. Start with five minutes a day and work up to 20 to 30 minutes each day.

Start Neck Exercises

The exercises (on the back page) may help decrease your pain. Do these exercises one to three times a day.

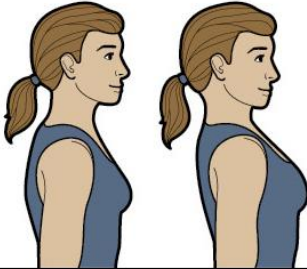
If you have increased pain or discomfort, stop and call your health care provider or call our office at:

Hoops Chiropractic

714-526-9355

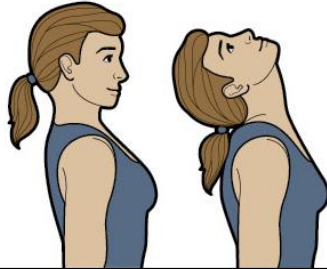
Neck Stretches

» THE PROGRAM



Neck Retraction

While lying faceup or sitting down, bring head straight back, keeping your eyes on the horizon. Then return to neutral. Repeat 10 times.



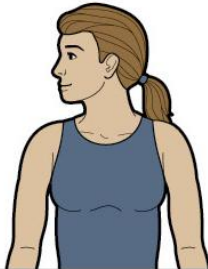
Head Drop

Starting in a seated position, retract neck (as above). Slowly move head up and backward as far as you can comfortably go. Return to neutral. Repeat 10 times. Do this exercise again at the end of each session (so you do it twice each session).



Side Bend

Sit down, bring head into neck-retraction position, then gently guide right ear toward right shoulder with right hand. Stop when you feel a stretch on left side of neck. Return to neutral. Repeat 5 times on each side.



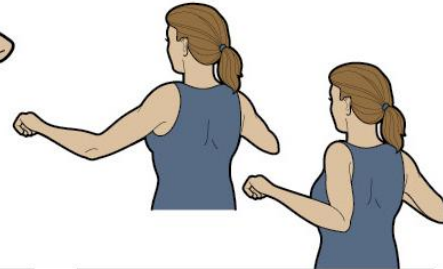
Rotation

While sitting, bring head into neck-retraction position, then gently turn head diagonally to the right so your nose is over your shoulder. Return to neutral. Repeat 5 times in each direction (left and right).



Flexion

Sitting down, bring head into neck-retraction position. Clasp hands behind head and gently guide head down, bringing chin toward chest. Stop when you feel a stretch in the back of your neck. Return to neutral. Repeat 5 times.



Shoulder Blade Pull

While sitting, bend raised arms at 90-degree angles. Relax shoulders and neck. Keeping arms and neck still, squeeze the muscles between shoulder blades, drawing shoulder blades closer together. Return to neutral. Repeat 5 times.

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