

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

Comment: Perform these exercises throughout the day to help relieve and revive your neck

Cervical Fist Traction



0:30
Hold

2
Sets

- Make a fist and place it at the top of your sternum under the chin
- Rest your chin on the circular plateau formed by your curled index finger and thumb
- Place the other hand on the back of the head at the base of the skull
- Pull the head forward and down to rest on the fist
- Keep your mouth closed and do not allow the fist to move
- The fist becomes a fulcrum to stretch the lower neck
- Gently traction the back of the head as if lengthening to the ceiling. Breathe into this stretch.
- **Do not perform if exacerbates pain**

[Watch Video](#)

Resisted Cervical Rotation



0:10
Hold

2
Sets

- This helps to strengthen the neck
- With head in neutral place hand along side of chin
- Look to the side you are turning to and resist the movement with your hand. Start the movement with your eyes.
- The pressure should be gentle and not cause pain
- **Hold for 10 secs.**

SCM/Scalene Stretch



0:20

Hold

- Tilt your head to the side
- Then turn your head to look up at the opposite side of the room
- Keep your shoulders level
- You may wish to increase the stretch by dropping your shoulder on the side you are stretching
- This opens the muscles that become overactive from fwd head carry

Deep Cervical Flexors Nod on Wall



0:05

Hold

10

Sets

- Standing with back on wall, feet out just slightly
- Engage lower abdominals drawing belly button in towards spine
- Slide the back of the head up the wall maintaining contact
- Stop as feel stretch at back of head or when eyes reach horizontal plane
- Hold **5 Secs.** and then relax back to start position
- Stop if exacerbates pain
- you may need a cushion behind the head if kyphosed or the head doesn't touch the wall easily .

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice from your health professional if you experience any discomfort during this exercise routine.