

Exercises for neck pain

Neck pain is common but most cases are not caused by a serious problem.

- Most cases of neck pain get better within a few weeks.
- Stay active. Keeping your neck still for long periods is likely to make it worse.
- Gradually try to return to your normal activities and do regular exercise.
- Take painkillers if needed so you can stay active (consult a pharmacist if you are not sure what you can take).
- Your pain should start to ease within 2-3 weeks and you should recover over approximately a 5–6 week period.
- You should use the suggested exercises for at least 6–8 weeks to help prevent symptoms



Keeping the rest of your body still, gently turn your head and look in one direction and then the other.

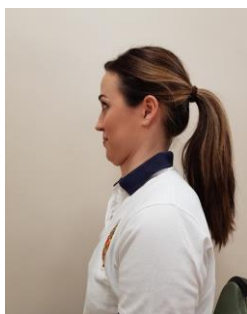
If this is too painful, try doing the exercise lying down, keeping your head on a pillow.

Repeat as feels comfortable.



Keeping the rest of your body still, gently nod your chin towards your chest. You might feel a stretch at the back of your neck. Gently return back to the start position.

Repeat as feels comfortable.



Keeping the rest of your body still, gently pull your head backwards. Imagine you are trying to give yourself a double chin, holding this position for a couple of seconds.

You may find it easier to do sitting against a wall. Remember to move your head backwards, and not nodding your chin to your chest. You may feel a stretch at the back of your neck

Repeat as feels comfortable.

If you have severe neck pain or weakness in your arms/hands, contact your doctor.

You can also try the exercises above in these positions:



4 point kneeling
Weight evenly distributed on hands and knees.



Lying on your front
Prop yourself up on your elbows
Evenly distribute weight on elbows



In standing lean on to a table
Evenly distribute weight on hands