

# Neck Exercises:

## Neck Related Arm Pain (Cervical Radiculopathy)



1 Neck Flexion

2 Rotation

3 Side Flexion

4 Median Nerve

5 Ulnar Nerve

6 Radial Nerve

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

These exercises may be painful whilst you are doing them, but the pain should ease when you stop the stretch, after doing these exercises you should feel your neck is less stiff and after a few days less painful.

### 1 Neck Flexion



Bring your chin towards your chest as far as you can.

Hold 3 seconds. Repeat 2-5 X in a row, little and often through the day.

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- 1 Neck Flexion
- 2 Rotation
- 3 Side Flexion
- 4 Median Nerve
- 5 Ulnar Nerve
- 6 Radial Nerve

## 2 Rotation



Turn your head to try and look over your shoulder, keeping your chin level.

Hold 3 seconds. Repeat 2-5 X in a row, little and often through the day. Repeat looking over your other shoulder.

## 3 Side Flexion



Keep your face pointing directly forward and take your ear towards your shoulder.

Hold 10 seconds. Repeat 2-5 X in a row, little and often through the day. Repeat on the other side.

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1 Neck Flexion

2 Rotation

3 Side Flexion

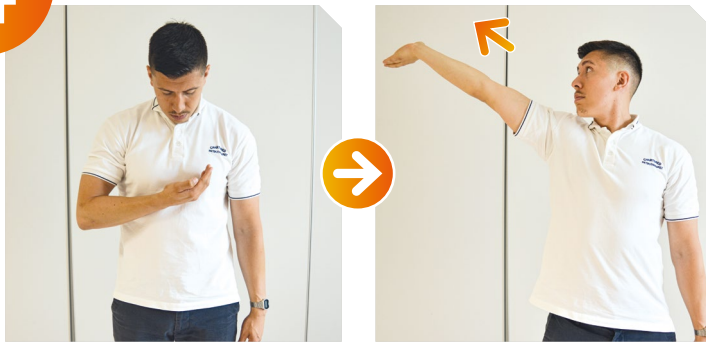
4 **Median Nerve**

5 **Ulnar Nerve**

6 Radial Nerve

When doing a nerve stretch it may make the arm pain a bit worse for 5 min or so afterwards, if worsened arm pain continues for longer than this try reducing the number and frequency of nerve stretches, if after reducing the stretches the arm pain remains worse for more than 5 min afterwards stop.

## 4 Median Nerve (Free the Bird)



- This exercise involves imagining you are holding a small bird in your hand close to your chest, then reaching up out to the side above your head to release and “free the bird”.
- Move your head as you complete the exercise to watch the bird fly away.

## 5 Ulnar Nerve (Don't Listen)



- This exercise involves you pretending not to listen by raising your hand to cover your ear.
- Your palm should start by your side facing your body, then to complete the movement, raise your hand up towards your head to cover your ear with the palm of your hand.
- The further you rotate your hand backwards, the harder the exercise.

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1 Neck Flexion

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## 6 Radial Nerve (Tip the Waiter)



- Imagine you have a small amount of money in your hand and you are going to sneakily tip the waiter behind your back.
- Your palm should be facing upwards at the beginning and end of the exercise. Your arm should rotate inwards during the exercise as you 'Tip the Waiter' behind your back.
- Follow the movement with your head.