

# Neck Exercises: Persistent Neck Pain



**1 Neck Flexion**

**2 Neck Extension**

**3 Rotation**

**4 Side Flexion**

**5 Deep Neck Flexor Strengthening**

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. It is important to push into the pain and discomfort to reduce the stiffness.

## 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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## 2 Neck Extension



Take your head back as far as you can.

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

## 3 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.

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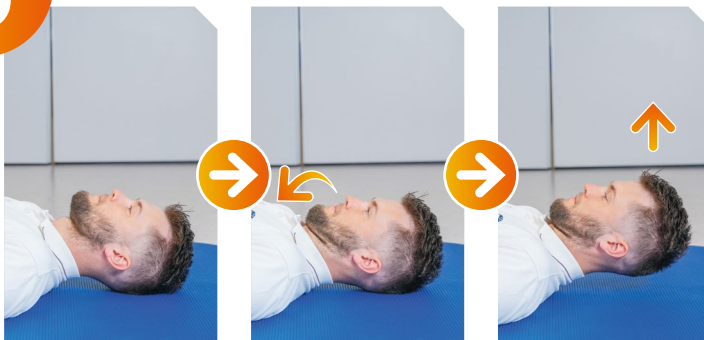
## 4 Side Flexion



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.

## 5 Deep Neck Flexor Strengthening



Lying on back, tuck chin in (giving yourself a double chin), lift your head off the ground only enough that someone could slide their flat hand under your head.

Hold for as long as you can up to 1 minute. Repeat 3-5 X.