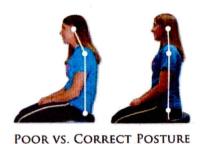
## NECK EXERCISES

If exercises cause pain, please stop and consult your physician.



BE AWARE OF POOR FORWARD HEAD POSTURE. MAKE SURE TO STAND AND SIT UP STRIAGHT WITH YOUR EARS IN ALIGNMENT OVER YOUR SHOULDERS. NOT FORWARD OF THEM.



**CERVICAL ROTATION** 

- ROTATE HEAD SLOWLY TOWARD SHOULDER, IN PAIN FREE RANGE OF MOTION.
- \* HOLD 10 SECONDS. REPEAT 5X.



**UPPER BACK STRETCH** 

- WITH HANDS IN FRONT OF THE BODY, GENTLY PUSH FORWARD, PULLING YOUR SHOULDER BLADES APART.
- \* HOLD 15 SECONDS. REPEAT 5X



UPPER TRAP STRETCH

- \* BEGIN WITH ONE HAND BEHIND YOUR BACK. SLIGHTLY SIDE-BEND HEAD TO OPPOSITE SHOULDER. UNTIL A MILD STRETCH IS FELT IN UPPER TRAP.
- \* HOLD 15 SECONDS. REPEAT 5X EACH SIDE.



SCALPULAR SQUEEZE

- START WITH ARMS SLIGHTLY BENT, BY YOUR SIDE. PULL ELBOWS BACK, SQUEEZING YOUR SHOULDER BLADES TOGETHER
- HOLD 20 SECONDS. REPEAT 10X



LEVATOR STRETCH

JACKSON PAIN CENTER

J. Edwin Dodd, M.D.

Phone: (601) 355-PAIN (7246) www.jacksonpaincenter.net

- BEGIN WITH ONE HAND BEHING YOUR BACK, TURN HEAD AND LOOK DOWN TOWARD OPPOSITE SHIRT POCKET.
- \* HOLD 15 SECONDS. REPEAT 5X EACH SIDE.