

NECK EXERCISES

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



POOR VS. CORRECT POSTURE

- BE AWARE OF POOR FORWARD HEAD POSTURE. MAKE SURE TO STAND AND SIT UP STRIAIGHT 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

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

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