

OCATs

NHS

North Cheshire and Mersey

NHS Foundation Trust

Musculoskeletal Physiotherapy OCATs

Health Services at Wolves

Neck Strengthening Exercises

Guidance

- You have been provided with these exercises to help improve your neck stiffness and pain and develop strength.
- These exercises are intended to assist with the strengthening for your neck through the rehabilitation process.
- These exercises are intended as a guide and prior to starting you should have had some instruction from your physiotherapist at OCATS.
- The sets and reps outlined in this leaflet are intended as a guide – you may wish to do less or more, but can progress these at your own pace.
- If you experience worsening symptoms while completing the exercises you may want to seek guidance from your physiotherapist at OCATS.
- Progress at your own pace, as your pain/stiffness allow, under the supervision/guidance of your physiotherapist at OCATS.

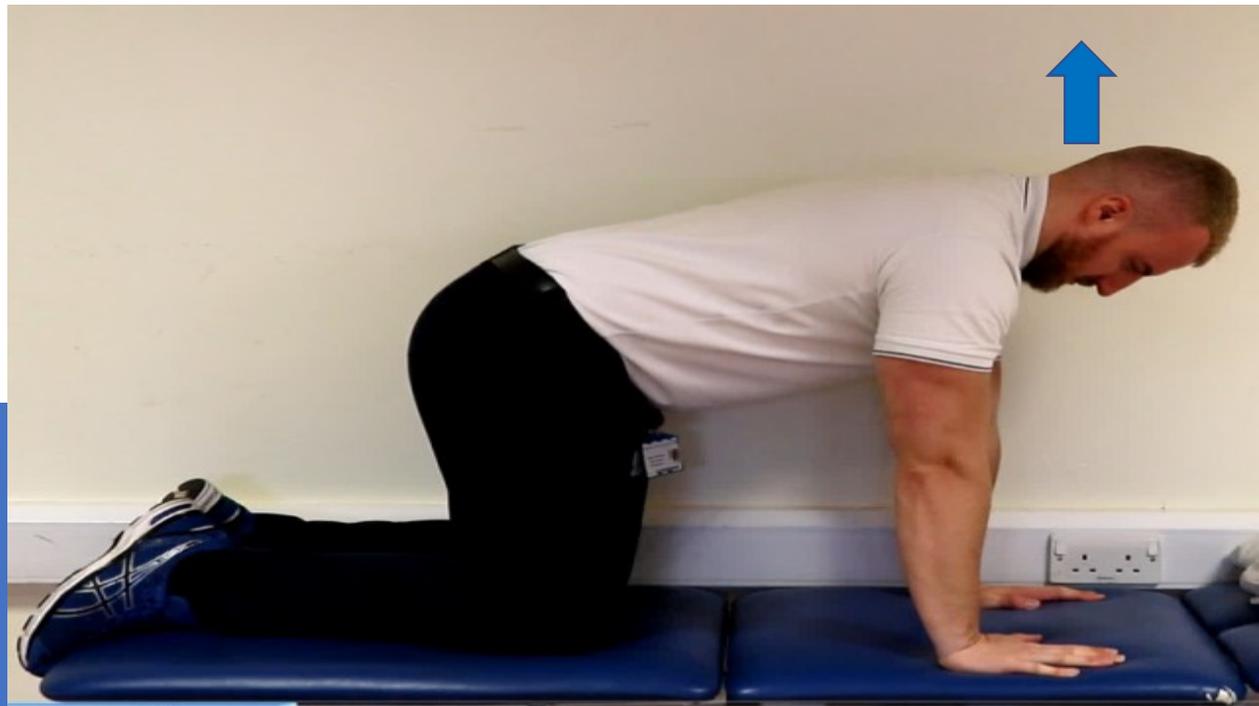
4 Point Kneeling - Cervical Chin Tucks

Get into the 4 point kneeling position as shown in the picture with your knees shoulder width apart and your hands directly under your shoulder.

Try and keep your back straight and gently tuck your chin inwards (without dipping your neck up or down go straight up).

Hold for 2 seconds at the end of the movement then slowly relax down.

Repeat 10 reps x 3 sets



4 Point Kneeling – Y Exercise

Get into the 4 point kneeling position as shown in the picture with your knees shoulder width apart and your hands directly under your shoulder.

Perform the following Y movements with one arm at a time, making sure you hold for two seconds at the end of the movement.

Then slowly relax your arms down back to the 4 point kneeling position.

Once this becomes easy you can progress to small weights 1-3kg

Repeat 4-6 reps

Repeat 3 times daily



4 Point Kneeling – T Exercise

Get into the 4 point kneeling position as shown in the picture with your knees shoulder width apart and your hands directly under your shoulder.

Perform the following T movements with one arm at a time, making sure you hold for two seconds at the end of the movement.

Then slowly relax your arms down back to the 4 point kneeling position.

Once this becomes easy you can progress to small weights 1-3kg

Repeat 4-6 reps
Repeat 3 times daily



4 Point Kneeling - W's Exercise

Get into the 4 point kneeling position as shown in the picture with your knees shoulder width apart and your hands directly under your shoulder.

Perform the following W movements with one arm at a time, making sure you hold for two seconds at the end of the movement.

Then slowly relax your arms down back to the 4 point kneeling position.

Once this becomes easy you can progress to small weights 1-3kg

Repeat 4-6 reps
Repeat 3 times daily



Theraband Row with Chin Tuck Exercise

Attach a band on the back of a door handle / stair banister.

Tuck your chin in gently.

Start with band stretched out and your elbows completely locked out straight.

Row your band bending your elbows squeezing your shoulder blades together.

Hold for 3 seconds slowly lower back to the starting position

Repeat this 10 reps x 3 sets



Y Theraband Exercise with Chin Tuck

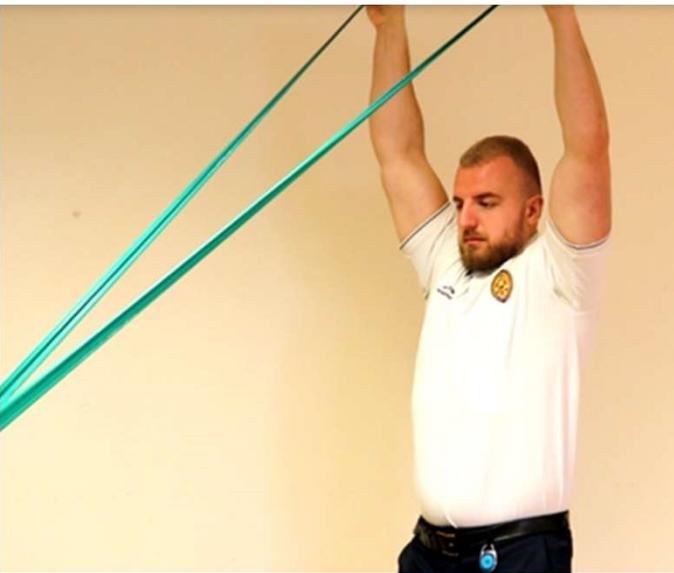
Attach band on back of door handle / stair banister.

Tuck your chin in gently with a slight bend in your knees.

Start with band stretched out.

Perform the following Y movement, making sure you hold for two seconds at the end of the movement.

Then slowly relax your arms down back to the starting position.



Repeat 4-6 reps x 3 sets

T Theraband Exercise with Chin Tuck

Attach band on back of door handle / stair banister.

Tuck your chin in gently with a slight bend in your knees.

Start with band stretched out.

Perform the following T movement, making sure you hold for two seconds at the end of the movement.

Then slowly relax your arms down back to the starting position.



Repeat 4-6 reps x 3 sets

W Theraband Exercise with Chin Tuck

Attach band on back of door handle / stair banister.

Tuck your chin in gently with a slight bend in your knees.

Start with band stretched out.

Perform the following W movement, making sure you hold for two seconds at the end of the movement.

Then slowly relax your arms down back to the starting position.



Repeat 4-6 reps x 3 sets

Shoulder Abduction Lateral Raise



Stand holding a dumbbell / water bottle or equivalent by your side approx. 1kg-2kg to begin with.

Keep your chin tucked in (not poking your chin outwards) and keep your head looking forward (avoiding looking down during this exercise).

Gradually move the dumbbell out to the side making sure you keep your elbow straight / fully locked out.

Go as far as you can up to the pain initially. Then gradually progress into the painful range as you feel stronger and able - you should expect it to be painful when doing this exercise, this is normal.

Slowly return to the starting position.

Repeat 10 reps x 4 sets

Weighted Shrugs

Either in sitting or standing up tall squeeze your shoulder blades together.

Stand holding a dumbbell / waterbottle or equivalent .

Shrug your shoulder up and backwards until you feel your neck muscles contract

Hold for approx 2 seconds then slowly lower back to the starting position

Starting off with no weight then progress to the load as able.



Repeat 6-8 reps x 3 sets

Bent Over Dumbbell Row



Kneel on a bench or side of a bed with one knee, let the other leg rest by your side.

Hold a dumbbell or equivalent weight with your arms fully stretched out

Support yourself with your other hand on the bench.

Row the dumbbell bringing into yourself keeping your elbow tucked in

Hold for 2 seconds squeezing your shoulder blade at the top of the movement

Slowly control back to the starting position

Repeat 6-8 reps x 3 sets

Cervical Spine Flexion Isometric Exercise



Sitting upright in a chair with your head in the neutral position.

Place your hand across your forehead.

Push your head and neck forward as hard as you are able while firmly resisting any movement of your head with your hand

Push for 10 seconds, then relax.

Repeat 3 reps x 3 sets

Cervical Spine Side Flexion (Ear to Shoulder) Isometric Exercise



Sitting upright in a chair with your head in the neutral position.

Place your hand across your temple.

Push your head and neck sideways as hard as you are able while firmly resisting any movement of your head with your hand

Push for 10 seconds, then relax.

Repeat 3 reps x 3 sets

Final thoughts

- If you feel unwell or the exercises cause significant pain, please stop and rest. If this continues discuss it with your physiotherapist.
- If you have any questions or concerns about any of the information detailed in this leaflet please contact the department using the following details.