



## Lynwood Village Therapy Centre

A simple neck exercise programme.

By Rosaria Toohey, Lead Physiotherapist at Lynwood Village

Watch the video first at [www.lynwoodvillage.co.uk/videos/](http://www.lynwoodvillage.co.uk/videos/)

All neck exercises should be done slowly, rhythmically, respecting pain. Please watch the video first (link above) to see how to do these exercises safely.

It is a good idea to try doing some self-neck massage. Pin your hair up and use Vicks or massage oil and rub or do finger kneading of any tight or sore areas of your neck.

### Neck Exercises

---

- Neck retraction then protraction x 5
- Neck retraction, with small nose circles x 5, clockwise and anticlockwise
- Neck retraction, look right and look left x 3 each side
- Neck side flexion with a gentle stretch, left ear down to left shoulder, centre, right ear down to right shoulder, centre x 2 each side
- Turn your head to the right 45 degrees and tuck your chin onto your chest. Repeat to the other side.
- Shoulder backward circling x 5
- Hands on bottom, pull shoulders backwards and hold for 2 seconds x 5

Your neck is composed of small bones and joints and it is wise to treat your neck with respect. There are important nerves passing through this area. If when you look to the ceiling your vision blacks out and you feel faint, this indicates that your vertebral artery is being kinked off by the position of full



neck extension, as you look up to the ceiling. This is definitely something to discuss further with your doctor and get some medical advice.

Remember this is just a short video giving a basic regime of mobilising and stretching exercises for the neck. Hopefully these will help.

But it would be wise if you have any pain or headaches that you consult a physiotherapist or doctor further to have advice, exercise and treatment specific to your needs.