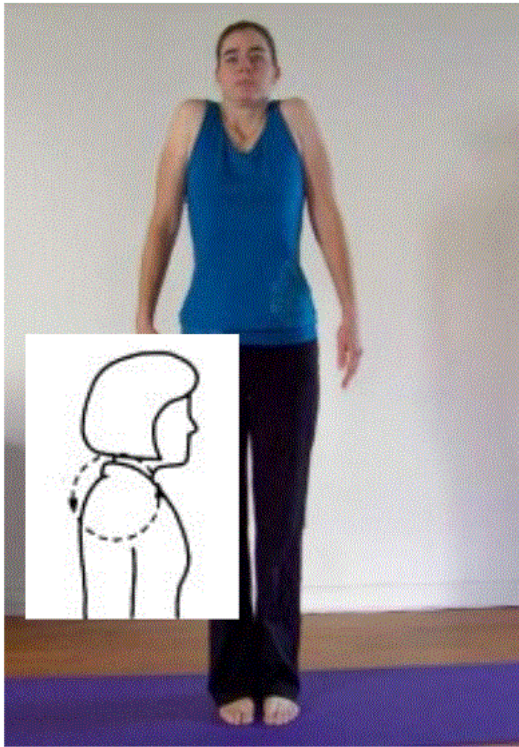
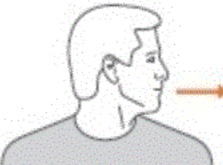



# Neck Pain Exercises


Complete at least 2x/day or as needed





**Neck turn**  
Turn your head towards one side, keeping your chin at the same height and moving within comfortable limits. Gently tense your neck muscles and hold for 5 seconds. Return your head to the centre and repeat on the opposite side. Repeat 5 times on each side.



**Neck tilt**  
Tilt your head down to rest your chin on your chest. Gently tense your neck muscles and hold for 5 seconds. Return to a neutral position and repeat 5 times.

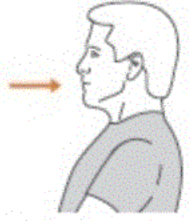
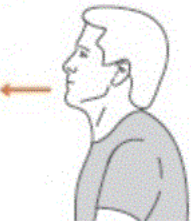


**Neck tilt (side to side)**  
Tilt your head down towards your shoulder, leading with your ear. Gently tense your neck muscles and hold for 5 seconds. Return your head to centre and repeat on the opposite side. Repeat 5 times on each side.



1. Warm up with Shoulder Rolls– 20 seconds forward, 20 seconds backward

**Neck stretch**  
Keeping the rest of the body straight, push your chin forward so your throat is stretched. Gently tense your neck muscles and hold for 5 seconds. Return your head to the centre and push it backwards, keeping your chin up. Hold for 5 seconds. Repeat 5 times.



*Use a resistance such that you can complete all exercises and feel tired but not exhausted, and don't strain or hurt yourself!*

2. Resistance Band Reverse Butterfly Curls: **(Most important one, to strengthen your upper back/shoulders!)** Hold elastic resistance band straight in front and pull straight out to sides, squeezing the shoulder blades together)- Do twice, 10 repetitions each time with a short rest between