

# Neck Strain or Sprain: Rehab Exercises

## Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

## How to do the exercises

### Neck rotation



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slide 1 of 7, Neck rotation,

1. Sit in a firm chair, or stand up straight.
2. Keeping your chin level, turn your head to the right, and hold for 15 to 30 seconds.
3. Turn your head to the left and hold for 15 to 30 seconds.
4. Repeat 2 to 4 times to each side.

### Neck stretches



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slide 2 of 7, Neck stretches,

1. Look straight ahead, and tip your right ear to your right shoulder. Do not let your left shoulder rise up as you tip your head to the right.
2. Hold for 15 to 30 seconds.
3. Tilt your head to the left. Do not let your right shoulder rise up as you tip your head to the left.
4. Hold for 15 to 30 seconds.
5. Repeat 2 to 4 times to each side.

## Forward neck flexion



slide 3 of 7, Forward neck flexion,

1. Sit in a firm chair, or stand up straight.
2. Bend your head forward.
3. Hold for 15 to 30 seconds.
4. Repeat 2 to 4 times.

## Lateral (side) bend strengthening



slide 4 of 7, Lateral (side) bend strengthening,

1. With your right hand, place your first two fingers on your right temple.
2. Start to bend your head to the side while using gentle pressure from your fingers to keep your head from bending.
3. Hold for about 6 seconds.
4. Repeat 8 to 12 times.
5. Switch hands and repeat the same exercise on your left side.

## Forward bend strengthening



slide 5 of 7, Forward bend strengthening,

1. Place your first two fingers of either hand on your forehead.
2. Start to bend your head forward while using gentle pressure from your fingers to keep your head from bending.
3. Hold for about 6 seconds.
4. Repeat 8 to 12 times.

## Neutral position strengthening



slide 6 of 7, Neutral position strengthening,

1. Using one hand, place your fingertips on the back of your head at the top of your neck.
2. Start to bend your head backward while using gentle pressure from your fingers to keep your head from bending.
3. Hold for about 6 seconds.
4. Repeat 8 to 12 times.

## Chin tuck



slide 7 of 7, Chin tuck,

1. Lie on the floor with a rolled-up towel under your neck. Your head should be touching the floor.
2. Slowly bring your chin toward your chest.
3. Hold for a count of 6, and then relax for up to 10 seconds.
4. Repeat 8 to 12 times.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor or nurse call line if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

**For 24/7 nurse advice and general health information call Health Link at 811.**

### **Where can you learn more?**

Go to <https://myhealth.alberta.ca>

Enter M679 in the search box to learn more about "**Neck Strain or Sprain: Rehab Exercises**".

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