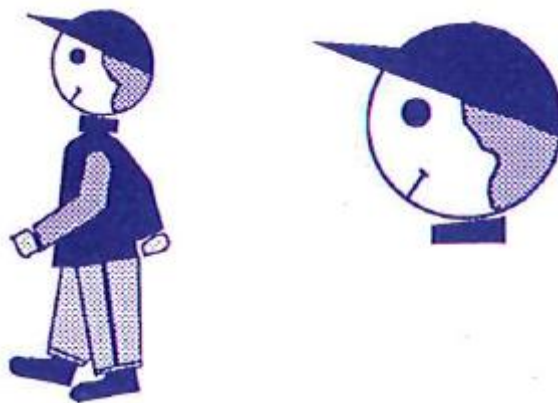


# NECK REHABILITATION PROGRAMME



*Neck Rehabilitation*



# Plan

ONE SET OF WARM UP EXERCISES PLUS *either*  
A. ONE SET OF BALL EXERCISES  
*or*  
B. ONE SET OF RESISTANCE EXERCISES



## Objective

The neck musculature surrounds the cervical spine. These muscles support the head which weighs approximately 12lbs. Weak neck muscles contribute to the symptoms of neck pain. Over the period of a day the normal control of the head and neck will be compromised by weak neck muscle. This can result in symptoms of neck pain, stiffness and headache. By strengthening these muscle groups you lessen the impact of underlying pathology (e.g. degenerative disease).

## Warm Up

### Exercise 1.

Clockwise Rotations



### Exercise 2.

Anti-clockwise Rotations



## *Exercise 3.*

Tilt head forward and back in a "Yes" movement.



## *Exercise 4.*

Rotate head from side to side in a "No" movement.



## *Exercise 5.*

Ear to Shoulder



## *Hand Resistance Exercises*

1. **Neck Extension** Pushing head backwards against cupped hands.
2. **Neck Flexion** Pushing head forwards against cupped hands.
3. **Side Flexion** Pushing head sideways against cupped hands.



OR

## *Ball Exercises*

1. **Neck Extension** Pushing head backwards against the ball.
2. **Neck Flexion** Pushing head forwards against the ball.
3. **Side Flexion** Pushing head sideways against the ball.

