

Keeping active with neck pain

It's important to keep active because extended periods of rest can weaken muscles and make your neck pain worse. Exercising every day will strengthen your neck muscles and should help prevent future neck pain. If your pain increases when exercising, stop doing it and seek medical advice.

Remember to keep exercising regularly, even after your neck pain has cleared up!

Exercises for neck pain

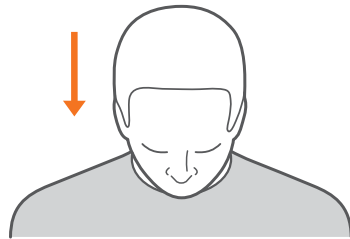
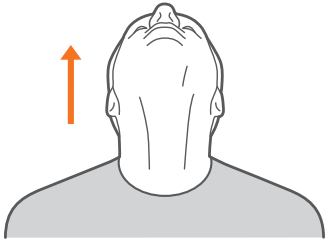
This handy tear-off section contains exercises that are designed to help ease neck pain and strengthen the structures that support your neck.

Stretching and strengthening exercises

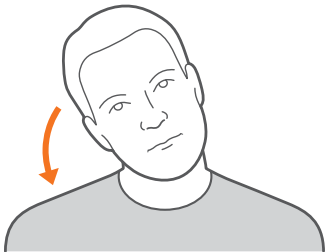
1

Neck tilt (up and down)

Sit or stand, keeping a good posture. It's best to sit down if you have trouble balancing. Tilt your head backwards, stretching your neck muscles. Hold this for five seconds and then repeat five times. Tilt your head down to rest your chin on your chest. Gently tense your neck muscles and hold for five seconds. Repeat five times.



2



Neck tilt (side to side)

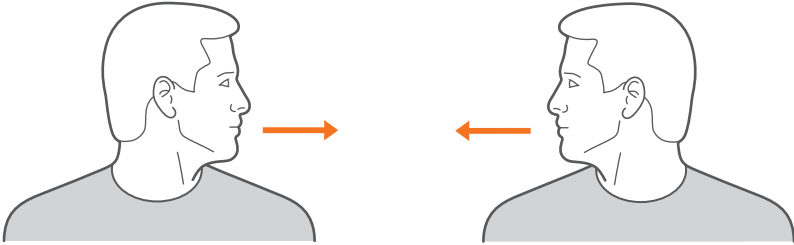
It's best to sit down for this exercise to help you balance. Tilt your head down towards your shoulder, leading with your ear. Gently tense your neck muscles and hold for five seconds.

Return your head to centre and repeat on the opposite side. Repeat five times on each side.

! We recommend that you repeat these exercises twice a day.

Exercises for neck pain

3

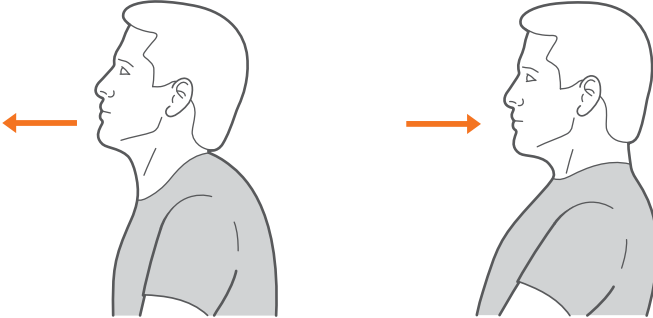


Neck turn

It's best to sit down for this exercise to help you balance. Turn your head towards one side, keeping your chin at the same height. Gently tense

your neck muscles and hold for five seconds. Return your head to the centre and repeat on the opposite side. Repeat five times on each side.

4



Neck stretch

Sit or stand with good posture. It's best to sit down if you have trouble balancing. Keeping the rest of the body straight, push your chin forward so your throat is stretched.

Gently tense your neck muscles and hold for five seconds. Return your head to the centre and push it backwards, keeping your chin up. Hold for five seconds. Repeat five times.

Seek medical advice if you feel dizzy doing any of these exercises.