

# Exercise Program for Neck Strain



*Your healthcare provider may recommend exercises to help treat your neck strain.*

*Talk to your healthcare provider or physical therapist about which exercises are best for you and your rehabilitation goals.*

*Start each exercise slowly. A little discomfort is normal but stop any exercise that causes pain.*

## Neck Rotation

1. Sit or stand up straight.
2. Slowly turn your head to one side as far as is comfortable. Hold for 15 to 30 seconds.
3. Turn your head to the other side and hold for 15 to 30 seconds.
4. Repeat 3 times.



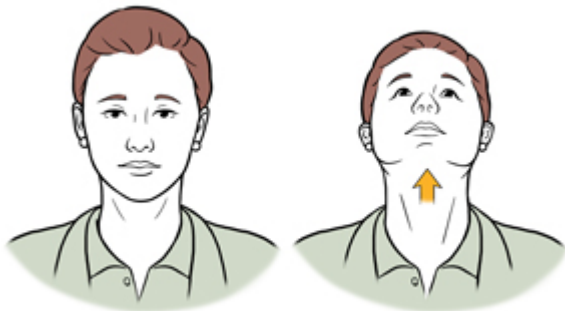
## Neck Flexion

1. Sit or stand up straight.
2. Slowly drop your chin toward your chest. Only go as far as is comfortable.
3. Hold for 15 to 30 seconds. Return to the starting position.
4. Repeat 3 times.



## Neck Extension

1. Sit or stand up straight.
2. Slowly look up towards the ceiling as far as is comfortable.
3. Hold for 15 to 30 seconds. Return to the starting position.
4. Repeat 3 times.



## Neck Side Bending

1. Sit or stand up straight.
2. Slowly bring your ear to your shoulder as far as is comfortable.
3. Hold for 15 to 30 seconds, then return to the starting position and repeat to the opposite side.
4. Repeat 3 times on each side.

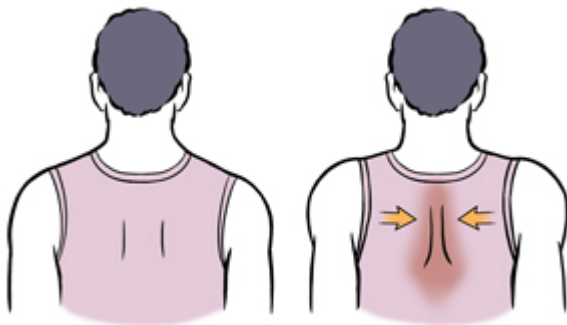
Tip:

- Do not let your shoulder come up as you tip your head.



## Scapular Squeeze

1. Sit or stand up straight with your arms at your sides.
2. Keeping your shoulders relaxed, squeeze your shoulder blades together.
3. Hold for 5 seconds, then relax.
4. Repeat 10 times.



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