



EDUCATION SHEET NECK

TIPS

- Exercise at your **own pace**, **on a regular basis** and in accordance with your **goals**.
- You can adjust the **duration**, **rest periods** and **number of repetitions**.

Duration of exercises **2 min**

Why the neck?

Neck muscles contract not only to keep the head aligned with the spine but also to compensate for the eye strain forcing you to bring your head forward.

Why carry out these exercises?

- Relax neck muscles and avoid torticollis
- Maintain mobility

1 Neck massage



- Place your fingers on each side of the skull
- Move your fingers from the base of the skull down along the neck
- Massage in circles

2 Cervical spine stretch



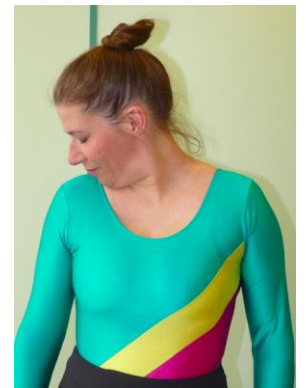
- Place your hands on the back of your head
- While exhaling, tuck your chin into your chest

3 Head rotation



- While exhaling, turn the head slowly to the right
- Return to the center
- While exhaling, turn the head slowly to the left

4 Neck mobility



- Tilt the head downward
- Move the head in semi-circles

Keep your back straight

Duration **15-25s**

Number of repetitions **10** Pause and hold

5-10s

Symptoms

Which exercises?

Neck pain

2 3

Torticollis

1 2 4

Eye strain

2 4

Neck stiffness

1 4

Headache

1

Shoulder pain

3