

Neck Exercises

Emergency Department

Neck Exercises

With neck pain, research has shown that movement is better at easing pain than just resting the neck. Follow the exercises below within your own pain limits. Take regular paracetamol and Ibuprofen for the first few days.

Be sure you are sitting upright in a good position before commencing the exercises. Use smooth, slow movements.

1. Bend your head forward until you feel a stretch behind your neck. Hold for 5 seconds. Repeat 5 times.



2. Tilt your head towards one shoulder until you feel a stretch on the opposite side. Hold for 5 seconds. Repeat to other side. Repeat 5 times.



3. Tilt your head towards one shoulder until you feel a stretch on the opposite side. Hold for 5 seconds. Repeat to other side. Repeat 5 times.



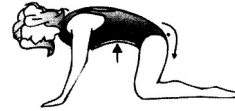
The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

4. Turn your head to one side until you feel a stretch. Hold for 5 seconds. Repeat to other side. Repeat 5 times.



5. Get into a crawling position. Arch your spine upwards whilst letting your head relax between your arms. Repeat 5 times.



6. In a crawling position, hollow your back. Keep your neck and elbows straight. Repeat 5 times.



7. Sit or stand. Roll your shoulders in both directions. Repeat 5 times



8. Sit down on a chair and cross your arms over your chest. Grasp the opposite shoulder with each hand. Bend your upper trunk forward while at the same time rotating and side bending to the same side. Let your eyes follow the movement. Breathe out during the exercise. Repeat 5 times.



Contact Details

New Cross Hospital
Wolverhampton Road
Wolverhampton
West Midlands
WV10 0QP
Telephone: 01902 307999

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。