

**Exercise plan:**  
**New onset of neck pain -**  
**MODERATE**

**Patient:**  
**CHCP WEBSITE EXERCISES**

**Date:**  
**17th Oct 2023**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



### **The Mirror**

Stand in front of a mirror or object on the wall at head height. Keep your gaze on the mirror or object and also keep your head still as you rotate your body underneath you, turning your body to the left and then the right by stepping around as far as is comfortable.

**Sets: 3 | Repetitions: 10 | Days per week: 5-7 | Both sides**

Video: <https://youtu.be/BG2r2eQkD8Y>



### **Isometric Neck Extension**

Place your palm on the back of your head, and resist tilting your head backwards. Your head will stay fairly still. You may feel a gentle contraction of the muscles at the back of your neck.

**Sets: 3 | Repetitions: 5 | Time: resist for 5 seconds | Days per week: 5-7**

Video: <http://youtu.be/ydbMq0wPirw>



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## Neck Rotation Stretch Standing

Stand up straight (you can rest your back against a wall if you wish) and place one arm up to 90-degrees. Rotate your neck to the opposite side. You should feel a stretch in the lower side of the neck on the same side you are lifting your arm.

**Sets: 3 | Repetitions: 5 | Time: hold for 5 seconds | Days per week: 5-7 | Both sides**

Video: [http://youtu.be/ZgeO87\\_VFog](http://youtu.be/ZgeO87_VFog)



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## Sitting Rotation

Sit upright on a chair, with your feet flat on the floor. Cross your arms over your shoulders. Twist to one side keeping your head and hips still. Repeat to the opposite side. This exercise is a great mobility exercise for the spine.

**Sets: 3 | Repetitions: 10 | Days per week: 5-7 | Both sides**

Video: <http://youtu.be/JEDRfMbURRU>