NEUROLOGY GROUP *of* BERGEN COUNTY

Exercise for the neck and shoulders

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Exercise is an important adjunct to your treatment. However, be sure to follow your doctor's instructions carefully. Do not overdo exercise, particularly when beginning. Start by trying the movements slowly and carefully. If the exercise causes some mild discomfort, which lasts a few minutes, do not be alarmed. This will disappear as your muscles become stronger. But, if pain is more than mild and continues for more than 15 to 20 minutes, discontinue exercising and speak to your doctor.

General Information

Always do the exercises in the order marked by your doctor. (Please note: Consult your doctor before doing these or any other exercises.)

Instructions: _____

_____

_____

_____

Prescriber: _____ Date: _____



1 HEAD TURN: Stand or sit erect. Keep back straight. Slowly turn head as far as possible to the right. Hold position to the count of 5. Return to normal position. Repeat this procedure to opposite side. Repeat 5 times.



2 CHIN TUCK AND LIFT: Stand erect. Slowly lower chin trying to touch chest. Hold position to the count of 5. Slowly raise head back, looking up to the ceiling. Do not force or strain during this exercise. Hold position to the count of 5. Return to normal position. Repeat 5 times.



3 LATERAL TILT: Stand or sit erect. Slowly bend head to the side bringing the left ear to the left shoulder. Hold position to the count of 5. Return to normal position and repeat to opposite side. Repeat 5 times.

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4 **HEAD ROLL:** Slowly and evenly roll head clockwise in a wide circle (upwards toward right, down left). Perform the same sequence counterclockwise. Repeat 3 times.





5 **SHOULDER SHRUG:** Stand or sit erect. Inhale deeply and slowly. Lift shoulders up toward ears. Pull shoulders back as far as possible. Then rotate back to normal position and exhale. Repeat 20 times.

EVERYDAY TIPS FOR A HEALTHY NECK & SHOULDERS

STANDING OR SITTING: Do not slouch. Keep entire back pressed to the back of the chair. Do not hold head and chin up and your neck drawn back. Hold chin tucked in.

LIFTING OR REACHING: Always bend knees using your leg muscles to lift. Keep load close to your body when lifting. Avoid reaching needlessly. Use a step stool to avoid stretches and strains.

DRIVING: Do not slouch. Sit high in the seat which should be positioned comfortably from pedals and steering wheel. A support pad may help relieve pressure on the lower back.

EXERCISE: Begin a regular program once the pain has subsided. Begin slowly and allow your muscles and body to warm up. Consult your doctor on appropriate activity best suited for your condition.