

NECK PAIN JPAC WEEK 1

Active Cervical Retraction



Description

1. Keeping the spine in a neutral position
2. glide the chin back to flatten the natural curve of the neck

Hold: 5-10sec

Reps: 10-15

Sets: 1-3

Neck Flexion In Sitting AROM



Description

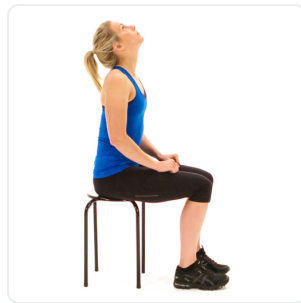
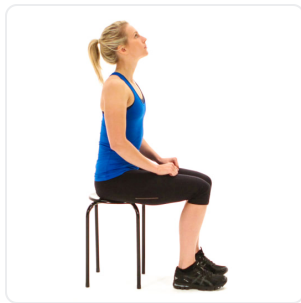
1. From an upright seated position with control lower your chin to your chest
2. Return to the starting position

Sets: 1-3

Reps: 10-5

Time:

AROM Neck Extension In Sitting



Description

1. Sit upright and look up towards the ceiling
2. Steadily return to the starting position

Sets: 1-3

Reps: 10-15

Time:

Isometric Neck Extension



Description

1. Face forward with good posture
2. Place a hand on the back of the head to block any neck extension
3. Apply a firm pressure that you can tolerate for the time prescribed
4. Relax the head and neck
5. You may be able to stretch the neck further back

Sets: 1-3

Reps: 10-15

Time:

Hold: 5-10sec

Isometric Neck Flexion



Description

1. Face forward with good posture
2. Place a hand on the front of the head to block any neck flexion
3. Apply a firm pressure that you can tolerate for the time prescribed
4. Relax the head and neck
5. You may be able to stretch the neck further forward

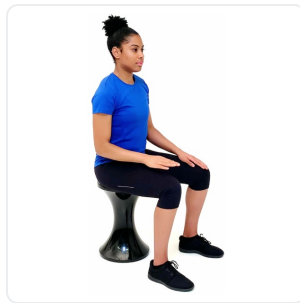
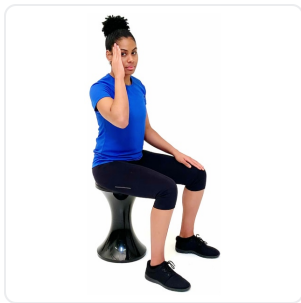
Sets: 1-3

Reps: 10-15

Time:

Hold: 5-10sec

Isometric Neck Rotation At Neutral



Description

1. Face forward with good posture
2. Place a hand on the side of the head to block any neck rotation
3. Apply a firm pressure that you can tolerate for the time prescribed
4. Relax the head and neck
5. You may be able to stretch the neck further

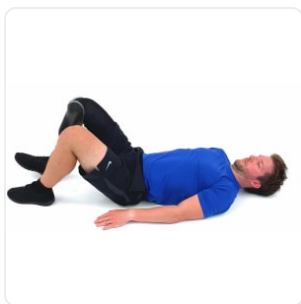
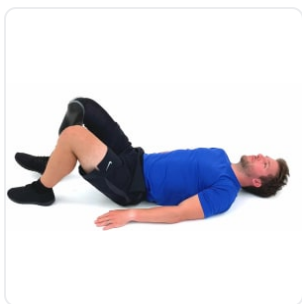
Sets: 1-3

Reps: 10-15

Time:

Hold: 5-10sec

Deep Neck Flexion In Supine



Description

1. Relax the neck in crook lying
2. Draw the chin down to flex the head and squash the ball
3. Hold for the prescribed time then relax the neck

Sets: 1-3

Reps: 10-15

Time: 5sec

Neck Rotation Stretch With Isometric Hold



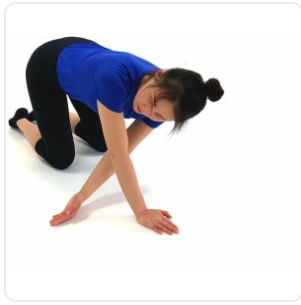
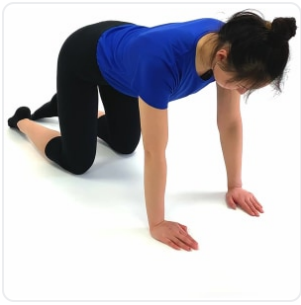
Description

1. With a tall posture turn the head to look over one shoulder
2. Raise the arm to place your hand on the opposite side of the head or face
3. Use your hand to keep the head still while trying to turn the head back to the middle

Time: 20-30sec

Sets: 1-3

Thoracic Rotation And Flexion in 4 Point Kneeling



Description

1. Relax the spine on your hands and knees
2. Reach one hand across the chest on the floor
3. Return top the middle and repeat with the other arm

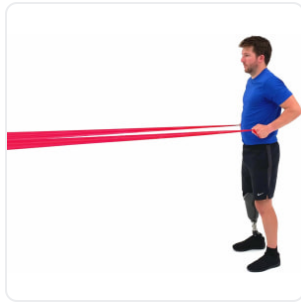
Sets: 1-3

Reps: 10-15

Hold:

Tempo:

Low Row With Band In Standing



Description

1. Raise one arm forward to reach for a cable
2. Pull the cable into your ribs
3. Slowly release the cable forward keeping good posture

Sets: 1-3

Reps: 15-20

Color:

Tempo: