

## 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



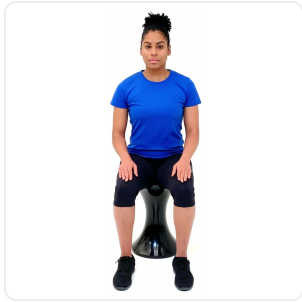
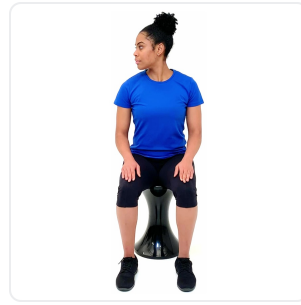
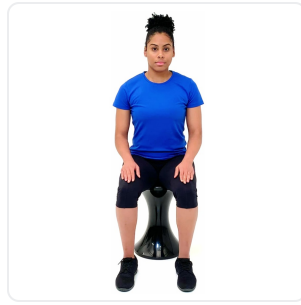
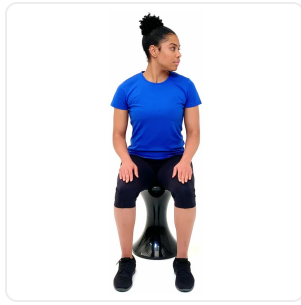
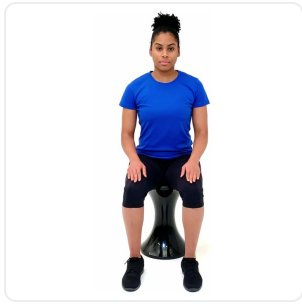
### Description

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

## Neck Rotation In Sitting



### Description

1. Sit upright on a chair
2. Turn your head over one shoulder as far as you feel comfortable
3. Use a hand on the side of your face to increase the stretch
4. Return the head to neutral

**Sets:** 1-2

**Reps:** 5-10

**Hold:** 10-20 sec

## Neck Side Flexion In Sitting



### Description

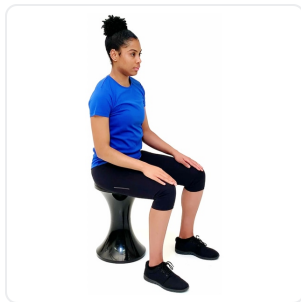
1. Sit upright and tilt the left ear towards the left shoulder
2. Return to the starting position
3. Repeat to the opposite side

**Sets:** 1-2

**Reps:** 5-10

**Hold:** 10-20 sec

## Isometric Neck Extension



### Description

1. Face forward with good posture
2. Place a hand on the back of the head to block any backward movement
3. Press the back of your head into your hand 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

**Hold:** 5-10sec

## Isometric Neck Flexion



### Description

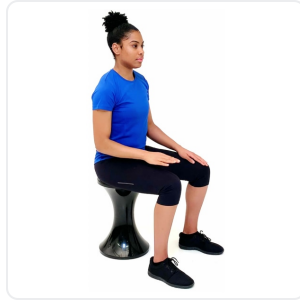
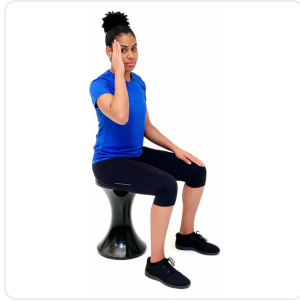
1. Face forward with good posture
2. Place a hand on the front of the head to block any neck flexion
3. Apply a firm pressure that you can tolerate for the time prescribed
4. Relax the head and neck
5. You may be able to stretch the neck further forward

**Sets:** 1-3

**Reps:** 10-15

**Hold:** 5-10sec

## Isometric Neck Rotation In Neutral



### Description

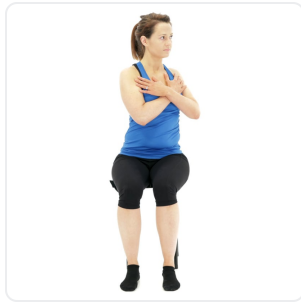
1. Face forward with good posture
2. Place a hand on the side of the head to block any neck rotation
3. Apply a firm pressure that you can tolerate for the time prescribed
4. Relax the head and neck
5. You may be able to stretch the neck further

**Sets:** 1-3

**Reps:** 10-15

**Hold:** 5-10sec

## Thoracic Rotation in Sitting



### Description

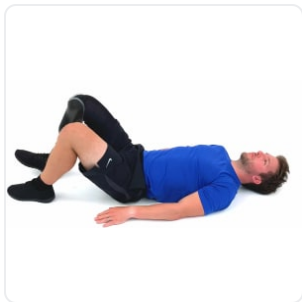
1. Sit on a chair with arms across the chest
2. Look over one shoulder and turn the torso in the same direction
3. Return to the middle then repeat to the other side

**Sets:** 1-3

**Reps:** 2-5 each way

**Hold:** 5-20

## Deep Neck Flexion In Supine



### Description

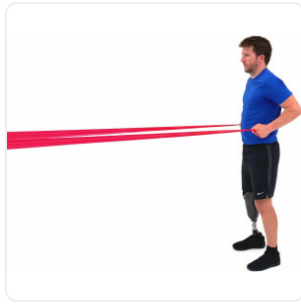
1. Relax the neck in crook lying
2. Imagine you have a ball tucked under your chin
3. Draw the chin down to flex the head and 'squash the ball'
4. Hold for the prescribed time then relax the neck

**Sets:** 1-3

**Reps:** 10-15

**Hold:** 10-30 sec

## Low Row With Band In Standing



### Description

1. Keeping your chin tucked in
2. Hold a resistance band in both hands
3. Pull the band towards your ribs
4. Slowly release the band forward keeping good posture

**Sets:** 1-3

**Reps:** 15-20