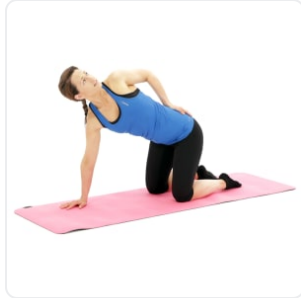
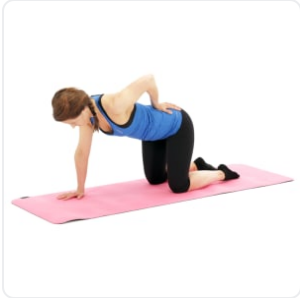


## NECK PAIN JPAC WEEK 8

### 4 Point Kneeling Rotation with Hand Behind Hip



#### Description

1. Place one palm on the back of the hip
2. Turn the torso to look upwards Return to the start position

**Sets:** 1-3

**Hold:**

**Reps:** 10

**Tempo:**

## Cervical Deep Neck Flexion Unsupported in Supine



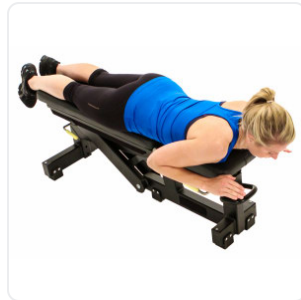
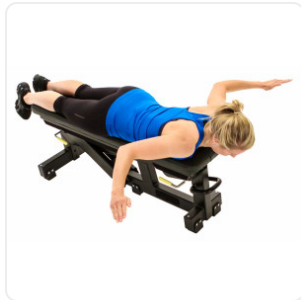
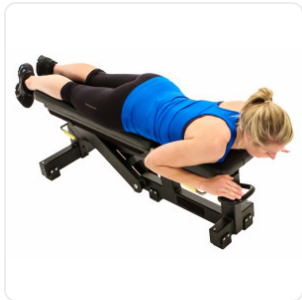
### Description

1. Lay face up on a bed with the head and neck hanging over the end
2. Tuck the chin down to raise the head up in line with the body
3. Hold for the prescribed time

**Reps:** 10

**Hold:** 5-10SEC

## W Press



### Description

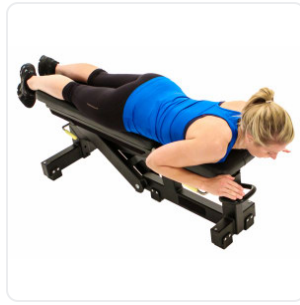
1. Lying face down on a weights bench and arms tucked into sides bent at the elbow
2. With the shoulder blades lightly contracted towards the spine raise shoulders up the side with the elbows bent and at the same level as the shoulders
3. Return to starting position

**Sets:** 2

**Time:** 30 Seconds

**Times Per Day:** 3

## L Press



## Description

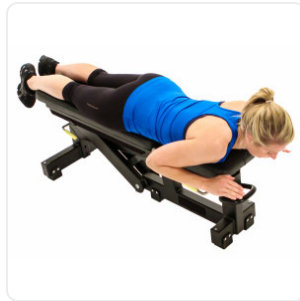
1. Start by lying face down on a weights bench arms tucked into sides with elbows bent and shoulder blades contracted slightly towards the spine
2. Keep the elbows bent and raise the arms at the shoulder until you can feel the muscles in between the shoulder blades working
3. Return slowly to starting position

**Sets:** 2

**Time:** 30 Seconds

**Times Per Day:** 3

## T Press



## Description

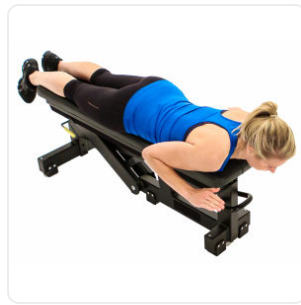
1. Lying face down on a weights bench with head facing floor and arms tucked into sides and bent at the elbow
2. With shoulder blades flat and muscles lightly contracted straighten arms out to the side and hold
3. Return the arms to their starting position

**Sets:** 2

**Time:** 30 Seconds

**Times Per Day:** 3

## Y Press



### Description

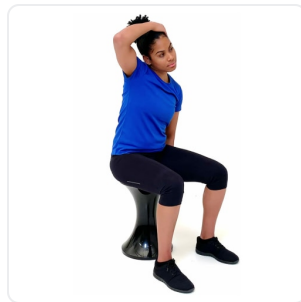
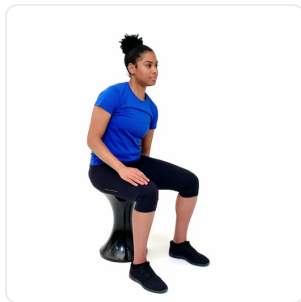
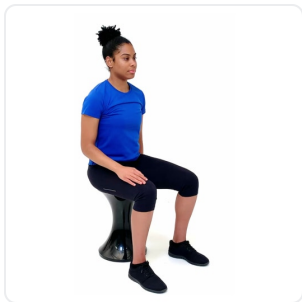
1. Lying on your front on a weights bench begin with a straight back and shoulder blades flat
2. Extend arms out in a Y-shape above your head that remains facing the floor
3. Return to starting position

**Sets:** 2

**Time:** 30 Seconds

**Times Per Day:** 3

## Neck Side Flexion With Shoulder Depression And Over Pressure



### Description

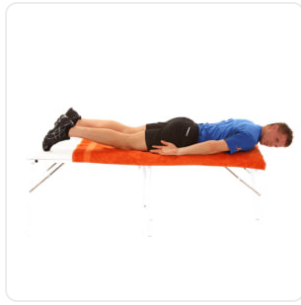
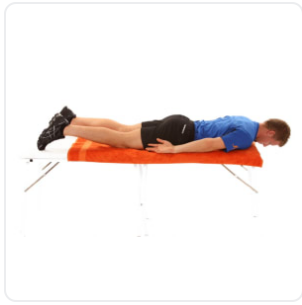
1. Sit up straight on a chair and hold onto the bottom of the chair with one hand
2. Move your head across to the opposite side
3. Use the other hand to apply more pressure to increase the stretch and hold
4. Release the pressure on the hands and return the head to central

**Sets:** 2

**Time:** 30 Seconds

**Times Per Day:** 3

## Cervical Retraction & Rotation in Prone



### Description

1. Lay face down on a bed with the head & neck hanging off
2. Tuck the chin in & raise the head in line with the body
3. Turn the head to the side and hold for the prescribed time
4. Repeat to the other side

**Sets:** 2

**Time:** 30 Seconds

**Times Per Day:** 3

## Deep Neck Flexion With Rotation In Supine



### Description

1. Lay on your back on a bed with your head held over the edge
2. Keep your chin tucked in while turning to look over one shoulder
3. Hold for the prescribed time then repeat to the other side

**Sets:** 2

**Time:** 30 Seconds

**Times Per Day:** 3