

Five Exercises to Alleviate Your Neck Pain

Disclaimer: These spinal exercises are a great way to maintain a healthy neck. You should not use these exercises to self-diagnose or treat conditions of the spine. If you are experiencing neck pain with radiating pain or numbness in the arms/hands, or you have a health condition that limits physical activity or exercise, it is best to consult a healthcare professional such as your medical doctor, chiropractor or physical therapist before performing these exercises. Use common sense and perform these exercises with discretion. Cease the exercise if it causes pain or tingling in your arms or legs.

Forward Neck Bending

Performed sitting or standing. Turn your head approximately 45 degrees to the right, then using the right hand, pull gently from the top of your head towards your right armpit until you experience a gentle and comfortable stretch. Hold this position for 2-3 seconds before releasing and returning to the start position. Repeat this same action with your head turned to the left. Repeat 5 times on both sides.



Sideways Neck Bending

Performed sitting or standing. Start face forward. Tip your head slowly to the right or left, then pull gently with the same side hand from the top of your head towards your shoulder. Hold this position for 2-3 seconds before releasing and returning to the start position. Repeat this same action with your head tipped to the opposite side. Repeat 5 times on both sides.



Chin Tucks

Performed sitting or standing. Start face forward. Begin the stretch by drawing your chin straight backwards (making a double-chin). Hold this position for 2-3 seconds before releasing and returning to the start position. Repeat 10 times. For an increased stretch, place two fingers on your chin and gently press straight backwards.



Doorway Stretch

The doorway stretch will help alleviate your neck and upper back pain by relaxing your shoulder and chest muscles. Begin standing with your arms elevated slightly. Slowly walk through the door, allowing the door frame to pull your arms behind you until you feel a stretch. Hold for 2-3 seconds, then relax. Repeat 10 times. **Note:** a variation of the stretch can be achieved by repeating the exercise while posting your hands on the doorframe level with your shoulders and gently leaning forward through the door.



DOORWAY STRETCH VARIATION (SEE ABOVE)

Wall Walks

The wall walk is another great stretch for your neck and upper back. Begin facing the wall. Start with your feet about shoulder width away from the wall. Slide your hands slowly up the wall until your arms are fully outstretched above you. Press your upper body against the wall. Slowly slide your hands back down the wall. Repeat this exercise 10 times.

