

## Neck and Arm Pain Exercises

### Neck Flexion



- Bend your head forward until your chin touches your chest and your eyes look straight down at the floor.
- Repeat ten times, three times a day

### Neck Rotation



- Rotate your head to one side until you can't turn it any further. Bring your head back to the centre point, rest a moment, then turn your head to the opposite side.
- Repeat ten times, three times a day

### Neck Extension



- Keeping your chin tucked in look up towards the ceiling
- Repeat ten times, three times a day

### Neck Side Flexion



- Tilt your head side to side
- Repeat ten times, three times a day

## Neck and Arm Pain Exercises

### Neck Retraction



- Sit up tall
- Keeping your eyes looking forwards
- Tuck your chin to your chest (make a double chin)
- Hold 10 seconds, repeat ten times, three times a day

### Upper Trapezius Stretch



- Sit on one hand, keep your shoulder down.
- Tilt your head away from the hand you are sitting on
- Use other hand to gently pull your head across
- Hold 30 seconds, repeat two times, three times a day on each side

### Levator Scapula Stretch



- Sit on one hand, keep your shoulder down.
- Tilt and rotate your head away from the hand you are sitting on.
- Next look down towards your hip, again away from the hand you are sitting on.
- Use other hand to gently pull your head across and down
- Hold 30 seconds, repeat two times, three times a day on each side

### Shoulder Shrugs + Rolls



- Shrug your shoulders up towards your ears then relax down
- Roll your shoulders round backwards then repeat forwards
- Repeat each exercise ten times, three times a day

### Headache Stretch



- Place the edge of the towel at the top of your neck, just under base of your skull, put some tension in the towel by holding your arms up
- Keeping your eyes looking forwards
- Tuck your chin to your chest (make a double chin)
- Hold 10 seconds, repeat ten times, three times a day

Natalie March Bsc MCSP  
Physio-logical  
Chauffeurs Room  
Chauffeurs Cottage  
Stansted Park  
Rowlands Castle  
PO9 6DX

Email: [enquiries@physio-logical.net](mailto:enquiries@physio-logical.net)  
Website: [www.physio-logical.net](http://www.physio-logical.net)  
Phone: 07835 712 306  
HCPC: PH64652  
CSP: 069661

# Physio logical

--	--

Natalie March Bsc MCSP  
Physio-logical  
Chauffeurs Room  
Chauffeurs Cottage  
Stansted Park  
Rowlands Castle  
PO9 6DX

Email: [enquiries@physio-logical.net](mailto:enquiries@physio-logical.net)  
Website: [www.physio-logical.net](http://www.physio-logical.net)  
Phone: 07835 712 306  
HCPC: PH64652  
CSP: 069661

Registered Office: Physio-logical Limited, 34 Little Corner, Denmead, Hampshire, PO7 6XL  
Limited Company Registration Number: 7910374