

## Exercise Prescription: Neck Rotation with Flexion

### Purpose of Exercise:

This is a self-treatment specifically for one sided lower neck/shoulder/arm pain.

### Frequency:

6-8 times per day or about once every 2 hours.

### Starting Position:

Sit up straight on a chair or stool. A rolled towel or support may be placed behind the low back to help maintain a good spinal position.

### Exercise Description:

Perform 3-5 Neck Retractions then hold your neck back in the retracted position. Now rotate your head away from the affected side (2) and then flex your head down towards your chest, bringing your nose towards your armpit (3).

Hold this position for 2-3 seconds, then return to the starting position. This exercise can be enhanced by placing the hand that you are rotating towards on the back of your head and gently pulling yourself further into the motion (4). You may also reach behind and across your back with the opposite arm as shown to further enhance the stretch (5).

Repeat this motion 10 times per session and try to progressively increase the movement to your maximal range.

Remember that some minor new pains are normal and expected. If the pain becomes worse with each repetition (intensifies or spreads from your neck to shoulder or farther down your arm), discontinue the exercise.

### Pictures:



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3



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