

Exercise Prescription: Neck Rotation

Purpose of Exercise:

This is a self-treatment specifically for headaches or upper neck pain that is felt only/more on one side.

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 turn your head as far to the right as you can and as far to the left as you can. Make sure you keep your head retracted.

If you experience more pain towards one side, continue the exercise by only rotating TOWARDS the more painful side. The pain should gradually decrease/centralize as you repeatedly rotate. If the pain does not decrease, continue the exercise by only rotating AWAY from the more painful side.

Hold this position for 2-3 seconds, then return to the starting position. This exercise can be enhanced by using your hands to gently but firmly push your head into more rotation.

Repeat this motion 10 times per session and try to progressively increase the rotation 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.

*This exercise must always be followed by Seated Neck Retraction and Seated Neck Extension.

Pictures:

