

## Exercise Prescription: Supine Neck Extension

### Purpose of Exercise:

This is a self-treatment for acute neck pain and is less demanding than the seated version of this exercise.

### Frequency:

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

### Starting Position:

Lay face up on a bed or raised platform with your shoulders in line with the edge of the surface. Support your neck with one hand.

### Exercise Description:

Continue to support your head with one of your hands then slowly lower your head towards the floor. Gradually remove your hand and bring your head as far backward as you can.

With your head tilted back as far as possible, rotate your head to the left and right, while attempting to extend your head even farther back. After 3-5 seconds of this, support your head with your hand and return to the starting position.

Repeat this motion just one time per session.

Do not get up immediately after this exercise, instead, rest for 1-3 minutes with your head flat on the surface (do not use a pillow).

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:

