

Exercise Prescription: Supine Neck Retraction

Purpose of Exercise:

This is a self-treatment for acute neck pain and is less demanding than the seated version of this exercise. This exercise is performed in preparation for the Supine Neck Extension exercise.

Frequency:

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

Starting Position:

Lay face up on a bed or soft mat.

Exercise Description:

Using only your head and neck, push the back of your head into the bed/mat while at the same time pulling your chin inwards. Your head should move backward and your gaze should stay straight. Hold this position for 2-3 seconds, then return to the starting position.

Repeat this motion 10 times per session and try to progressively increase the retraction 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:

