

Exercise Prescription: Seated Neck Flexion

Purpose of Exercise:

This is a self-treatment mainly for treatment of headaches. It can also be used to help resolve any remaining neck pain or stiffness once the acute symptoms have subsided.

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:

From the starting position, drop your head forward so your chin is as close as possible to your chest. Place your hands on the back of your head, interlocking your fingers, allowing the weight of your relaxed arms to pull your head into more flexion.

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 pull your head into more flexion.

Repeat this motion 3 times per session and try to progressively increase the flexion 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 (if used for headache) and both Seated Neck Retraction and Seated Neck Extension (if used for neck pain/stiffness).

Pictures:

