

Exercise Prescription: Neck Sidebending

Purpose of Exercise:

This is a self-treatment specifically for neck/arm 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 bend your neck sideways towards the side where the pain is felt. Keep your eyes/nose pointing forward; bring your ear to your shoulder.

Hold this position for 2-3 seconds, then return to the starting position. This exercise can be enhanced by placing the hand to which side you are bending on the top of your head and gently, but firmly pulling your head farther into the side bend.

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

