

6. Backward resistance

- ▶ Place both hands behind your head
- ▶ Try to move head backwards, but resist the movement with your hands
- ▶ Don't tip the chin
- ▶ Hold this posture for a count of 5
- ▶ Relax
- ▶ Repeat the exercise 5-10 times, 3 times a day



All these physical exercises are simple and can be performed anywhere. They are the best and simplest way to keep yourself away from stress-related neck problems. Care for your health. Think about your future. Have a stress-free life!



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CLUE LESS ABOUT
YOUR NECK?

IT'S TIME TO NECK OUT
ALL YOUR NECK PROBLEMS!

**PHYSICAL EXERCISES.
THE BEST WAY TO A STRESS FREE NECK.**

Physical exercises are very important to keep yourself fit from day-to-day physical stress. However, there are no studies to prove that exercises prevent chronic pain. In fact, incorrect (or) long-term high impact exercises can trigger persistent back pain. Exercises strengthen your body muscles to cope with injuries and additional stress.

The following exercises are often used for rehabilitation of neck pain. These exercises have been designed to increase the mobility and range of the motion of the spine. Certain abnormal postures may cause these pains, but they can be encountered with proper exercises.

GUIDELINES FOR PHYSICAL EXERCISES

1. A healthy individual can start these exercises without any problem. However, if you are experiencing unbearable pain, you should immediately stop the exercises and consult your doctor.
2. These exercises will be useful only if they are done regularly and performed correctly. These exercises should be a part of your daily routine, just like brushing teeth or having coffee.
3. You should set aside enough time everyday, so that these exercises are not done in a hurry.

To start with, 5 to 10 minutes a day is good, but should be gradually increased (5 minutes a week) to 30 to 40 minutes per day, as per the advice of your doctor.

4. All the exercises should be done slowly and smoothly. Avoid quick and jerky movements. Initially you might experience a feeling of tightness, but it is normal. However, if you are experiencing tingling in the legs or sharp pain in back/legs, you should discontinue immediately.
5. If possible, warm up before doing the exercises by walking around or by taking a warm shower.
6. This exercise regimen is designed for people with different levels of fitness.
 - ▶ Level I - Mild symptoms
 - ▶ Level II - Moderate symptoms
 - ▶ Level III - Severe symptoms

You may assess your fitness level by consulting the doctor and gradually work towards reaching the highest level. If that is causing any pain, then give yourself more time to reach the highest level.

NECK PAIN RELIEF EXERCISES

The following stretches can keep your neck muscles flexible and strong. A regular neck exercise programme can help relieve stiffness and muscle tension.



1. Tilt from front to back

- ▶ Tilt your head slowly back, far enough so that you can look up
- ▶ Hold the posture for a moment
- ▶ Return slowly to the normal position
- ▶ Repeat the exercise 5-10 times, 3 times a day

2. Tilt from side to side

- ▶ Keep your head straight as you slowly tilt it over to the side
- ▶ Don't go so far that you touch your ear with your shoulder
- ▶ Hold the posture for a moment
- ▶ Return your head to center position
- ▶ Move your head to your opposite shoulder
- ▶ Repeat the exercise 5-10 times, 3 times a day



3. Rotate head from side to side

- ▶ Slowly turn your head as far as you can
- ▶ Hold the posture for a moment
- ▶ Return your head to the center
- ▶ Move your head in the opposite direction
- ▶ Repeat the exercise 5-10 times, 3 times a day

4. Side resistance

- ▶ Hold one hand against the side of your head
- ▶ Use your hand to resist the movement as you try to touch your shoulder with your ear
- ▶ Hold this posture for a count of 5
- ▶ Relax and repeat the same on the opposite side
- ▶ Repeat the exercise 5-10 times, 3 times a day



5. Forward resistance

- ▶ Hold both hands against your forehead
- ▶ Try to move head forward, but resist the movement with your hands
- ▶ Hold this posture for a count of 5
- ▶ Relax
- ▶ Repeat the exercise 5-10 times, 3 times a day