

Neck Exercises

Emergency Department

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

This leaflet includes exercises for you to try following an injury to the soft tissues around your neck or after developing a torticollis (wry neck). In both cases there will be pain and spasm in the muscles around the neck.

Why should I do exercises?

With neck pain, research has shown that movement is better at easing pain than just resting the neck. Follow the exercises below within your own pain limits. Take regular paracetamol and Ibuprofen (if this does not cause side effects for you) for the first few days. Please follow the recommended doses on the packaging and read who the pain relief is suitable for. If you are still not sure, please speak with your local Pharmacist or Chemist who will check and provide advice.

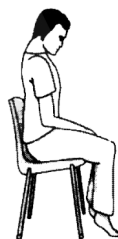
How should I complete the exercises?

Be sure you are sitting upright in a good position before commencing the exercises. Use smooth, slow movements.

You should feel a stretch in the muscles around your neck. Only move your neck as far as you can, until a stretch is felt. You should not be causing severe pain by doing these exercises.

What exercises should I try?

1. Bend your head forward until you feel a stretch behind your neck. Hold for 5 seconds. Repeat 5 times.



2. Tilt your head towards one shoulder until you feel a stretch on the opposite side. Hold for 5 seconds. Repeat to other side. Repeat 5 times.



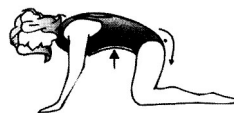
3. Rotate your head towards your shoulder until you feel a stretch. Hold for 5 seconds. Repeat 5 times.



4. Move your head backwards keeping your neck straight. Hold for 5 seconds. Repeat 5 times.



5. Get into a crawling position. Arch your spine upwards whilst letting your head relax between your arms. Repeat 5 times.



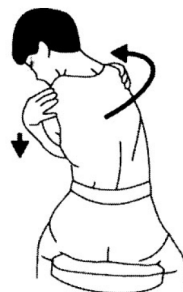
6. In a crawling position, hollow your back. Keep your neck and elbows straight. Repeat 5 times.



7. Sit or stand. Roll your shoulders in both directions. Repeat 5 times



8. Sit down on a chair and cross your arms over your chest. Grasp the opposite shoulder with each hand. Bend your upper trunk forward while at the same time rotating and side bending to the same side. Let your eyes follow the movement. Breathe out during the exercise. Repeat 5 times.



How long will these exercises take to help my neck pain?

You should be able to see significant improvements in your pain within 7-10 days. If your pain is not settling or if your pain is getting worse, please see your General Practitioner (GP) or return to the Emergency Department.

Contact Details

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Wolverhampton
West Midlands
WV10 0QP
Telephone: 01902 307999

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。