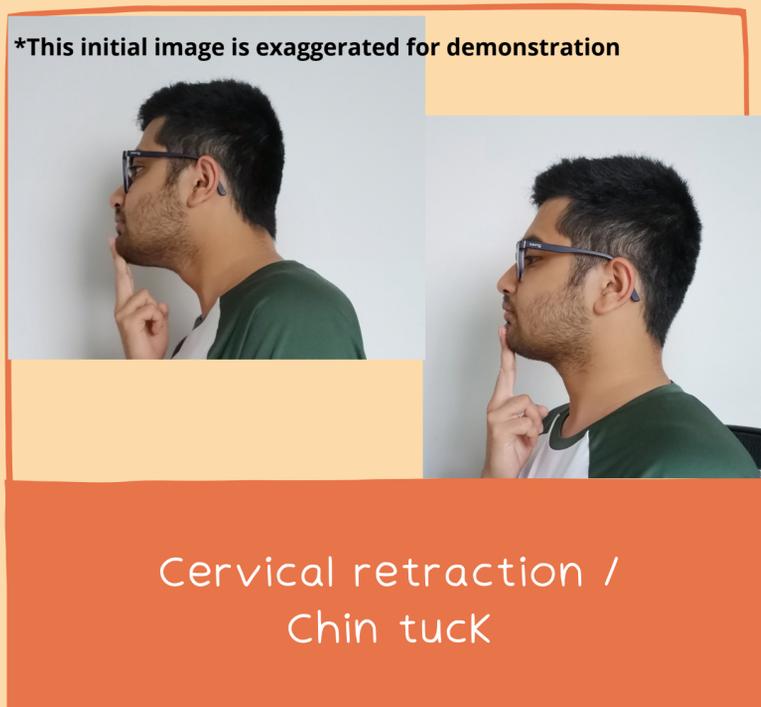


# Exercises for uncomplicated mechanical neck pain (Grade 1 and 2)

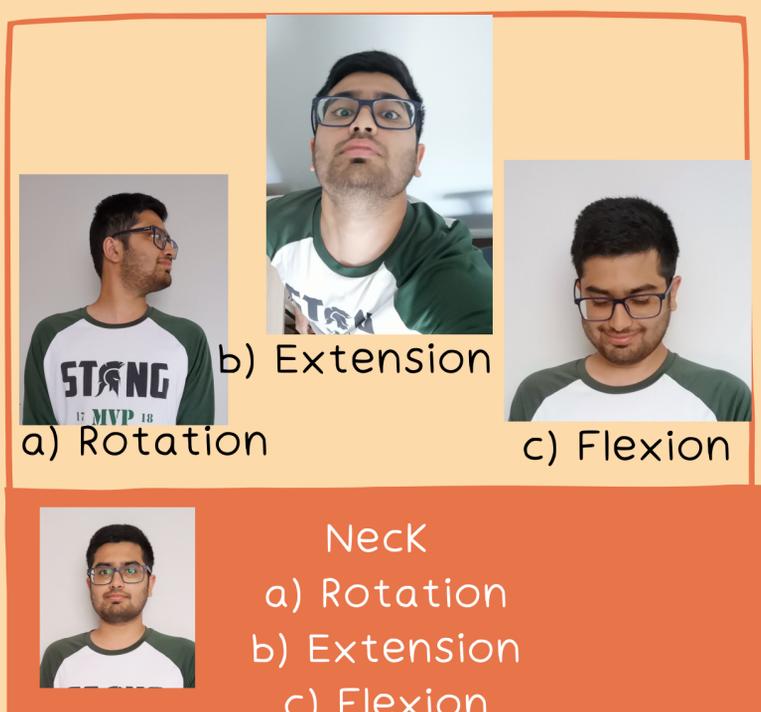


Instructions:  
Sit or stand and focus on a point  
Place your fingers on the chin.

Slowly draw your head back while looking forward till your ears line up with your shoulders.

Hold for 3 seconds

Perform: 3 sets of 10 repetitions, twice a day



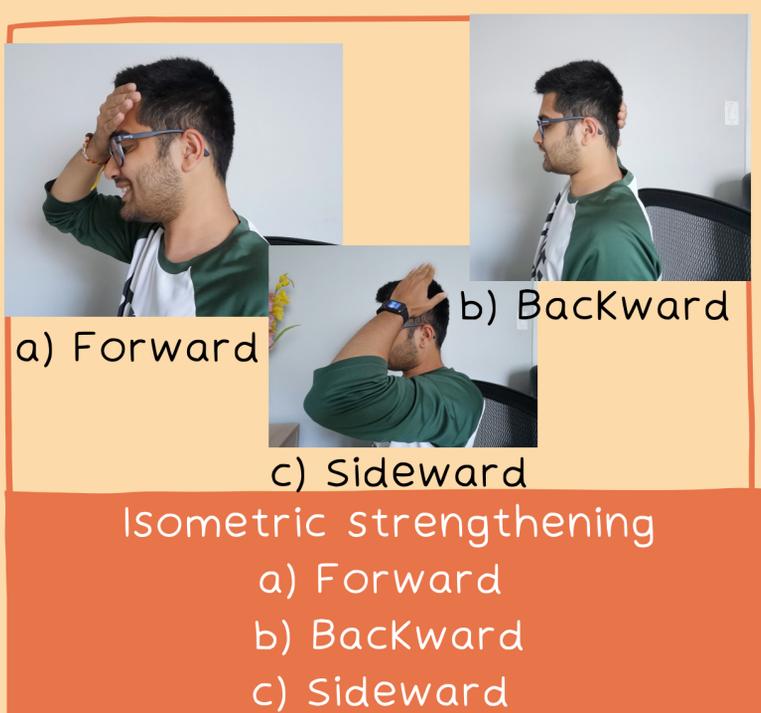
Instructions:  
Sit or stand in good posture.

a) Slowly turn your head side to side and hold for 1 second at the end. (do both sides)

b) Slowly turn your head upwards at the ceiling and hold for 1 second at the end.

c) Slowly turn your head downwards to the floor and hold for 1 second at the end.

Perform: 2 sets of 10 repetitions daily



Instructions:  
Sit or stand in good posture.

a) Place your hand on your forehead and try pushing your neck and head (As hard as the movement can be resisted by your hand and hold for 10 seconds)

b) Similarly, place your hand against your back as you try to push backwards

c) Similarly, place your hand against one side as you try to push that side (do both sides)

Perform: 2 sets of 10 repetitions, twice a day

## References:

- Côté P, Wong JJ, Sutton D, et al. Management of neck pain and associated disorders: A clinical practice guideline from the Ontario Protocol for Traffic Injury Management (OPTIMA) Collaboration. *Eur Spine J.* 2016;25(7):2000-2022. doi:10.1007/s00586-016-4467-7
- Bussi eres AE, Stewart G, Al-Zoubi F, et al. The Treatment of Neck Pain-Associated Disorders and Whiplash-Associated Disorders: A Clinical Practice Guideline. *J Manipulative Physiol Ther.* 2016;39(8):523-564.e27. doi:10.1016/j.jmpt.2016.08.007