

NECK EXERCISE



P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE

In today's time, mostly people spend their maximum time sitting in front of computer and this explains the reason why people often keep complaining about pain in their neck.

The head is supported by the lower neck and upper back and it is these areas that commonly cause neck pain. The top three joints in the neck allow for most movements of your head and neck. The lower joints in the neck and those in upper back create a supportive structure for your head to sit on. If this support system is affected adversely, then muscles in this area will tighten leading to neck pain.

Causative factor for neck pain

- Wear and tear causing degenerative arthritis.
- Faulty posture.
- Neck injury.
- Overuse.

The neck has significant amount of motion and supports the weight of the head however because it is less protected than rest of the spine the neck is vulnerable to injury and disorder that produce pain and restrict motion.

The following exercises for neck can help a great deal in relieving stress and your neck pain.



Look up and down.

Look on either sides.

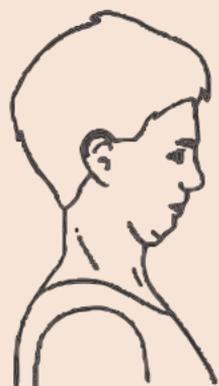


Tilt neck on either sides.

Raise shoulders up and down.



Pull elbows behind.



Pull chin inwards.



Stretch both hands upwards.



Stretch your hand sideways.

Stretch your neck muscles
as shown.



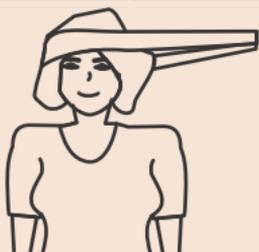
Static neck exercises



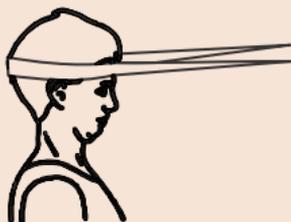
Press your head against your hand as shown.



Tilt head sideways against theraband.



Push head against theraband.



One very powerful way of controlling your neck pain is to do regular exercises, putting your neck through full movement several times a day. This prevents stiffness from developing and stretches all the attached muscles, making them less vulnerable to sudden demands.

Always Remember

- Do not work at desk continuously.
- The top of the computer screen should be at the eye level.
- Do not try to reach things above your head. Use a step or ladder.
- Avoid long drives, adjust headrest.
- Use a firm mattress.
- Avoid continuous and strenuous household activities. Take frequent breaks.
- Avoid excessive pillows while watching TV or reading book.
- While doing exercise always do controlled motion, don't jerk or bounce.

All the exercises should be done under the supervision of physiotherapist.

For further information or queries contact Hinduja Hospital
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