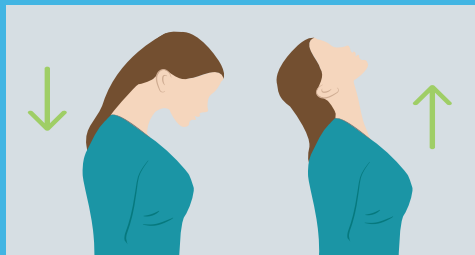


FLEXION/ EXTENSION

FLEXION: Sitting upright, take your head slowly back until you are looking at the ceiling. Count for 5 seconds then return back to starting position.

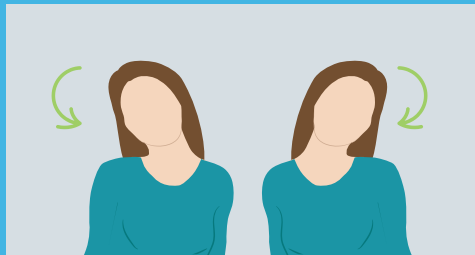
EXTENSION: Sitting upright, take your head forward until your chin is near to your chest. Count for 5 seconds then return back to starting position.



Do 8-10 repetitions 2-3 times daily

SIDE FLEXION

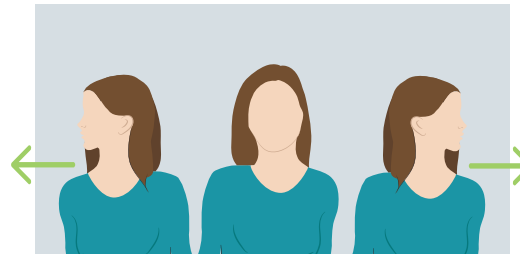
Sitting upright, tilt your head towards one side. Hold it for a count of 5 seconds then return back to starting position. Repeat on the other side.



Do 8-10 repetitions 2-3 times daily

ROTATION

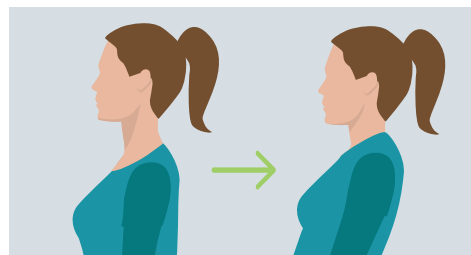
Sitting upright, turn your head towards one side hold it for a count of 5 seconds then return back to starting position. Repeat on the other side.



Do 8-10 repetitions 2-3 times daily

RETRACTION

Sitting upright, pull your chin in the direction of the arrow. Hold it for a count of 5 seconds then return back to starting position.



Do 8-10 repetitions 2-3 times daily



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

NECK EXERCISES



Follow us



www.phcc.qa

NECK EXERCISES

Place your right hand on the right side of the head and move the head against your hand on the direction of the arrow keeping the head upright.

Hold this position for 5 seconds.



Do 8-10 repetitions 2-3 times daily

Place your left hand on the left side of the head and move the head against your hand on the direction of the arrow keeping the head upright.

Hold this position for 5 seconds.

Place both hands on the front of the head. Move the head against your hand on the direction of the arrow keeping the head upright.

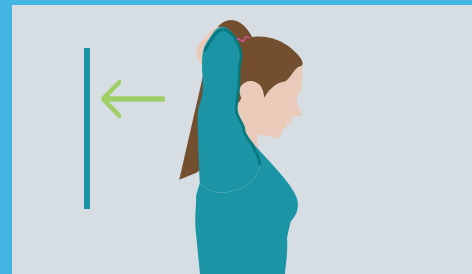
Hold this position for 5 seconds, 8- 10 repetitions, 2-3 times daily.



Do 8-10 repetitions 2-3 times daily

Place both hands on the back of the head and move the head against your hand on the direction of the arrow keeping the head upright.

Hold this position for 5 seconds, 8- 10 repetitions, 2-3 times daily



Do 8-10 repetitions 2-3 times daily

HOW TO PREVENT NECK PAIN

- ① Use good posture. Hold your head up and keep your shoulders down.
- ② Avoid sitting in the same position/ working overhead for too long.
- ③ Avoid putting weight or pressure on your upper back.
- ④ Keep your neck in line with the rest of your body when you sleep.

