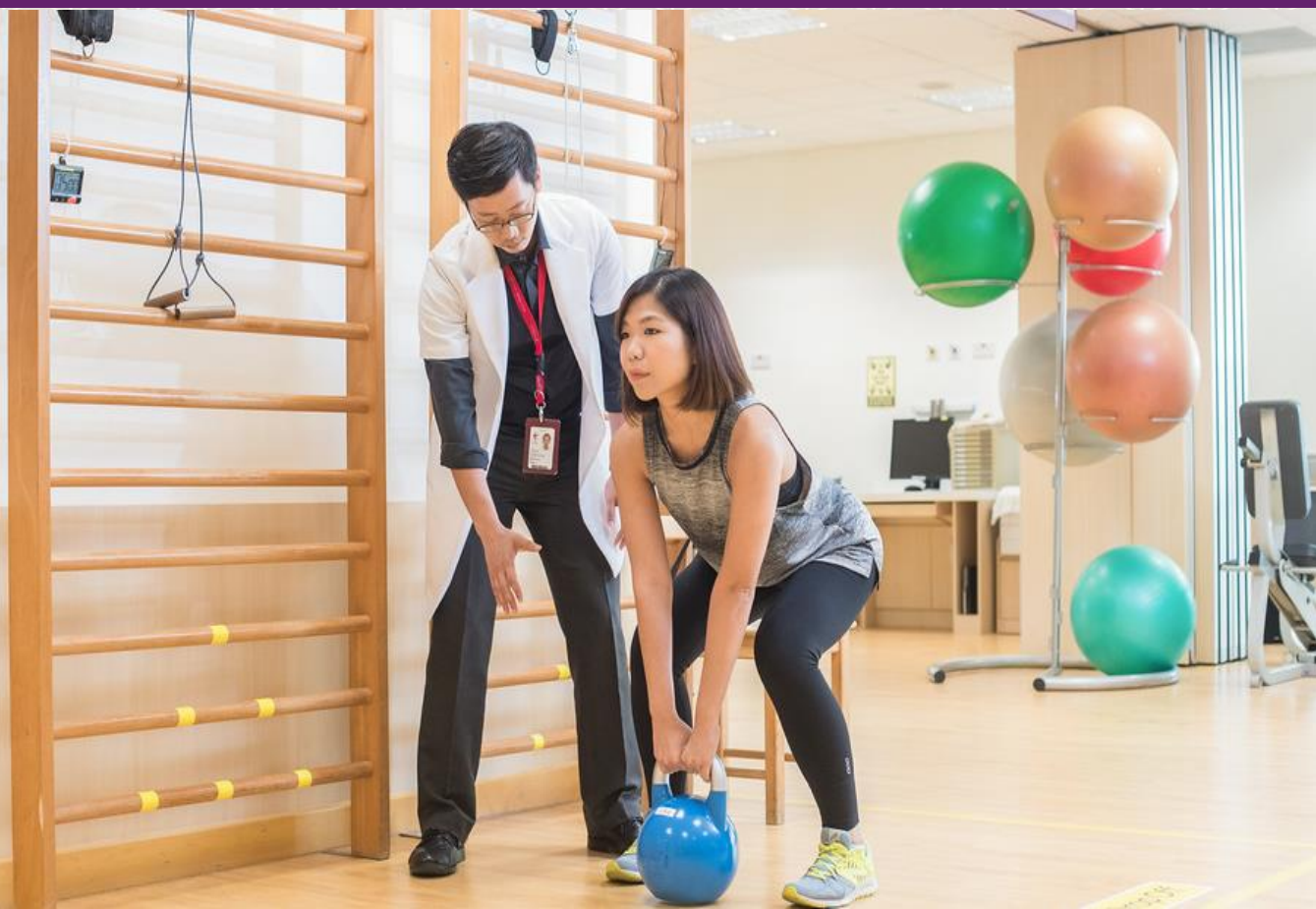


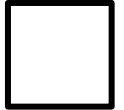
Department of
PHYSIOTHERAPY

Neck Flexibility Exercises



Neck Flexibility Exercises

Neck Rotation



Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

1. Tuck your chin in.
2. Turn your head to look over your left shoulder.
3. Turn your head to look over your right shoulder.
Repeat steps 1 and 3.

Flat Stretch



Hold ___ second(s).

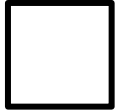
Do ___ set(s).

Do ___ session(s) a day.

1. Place your fist on your chest. Tuck your chin in and look down at your fist.
2. Gently push your head downwards with your other hand.

Neck Flexibility Exercises

Anterior Scalene Stretch



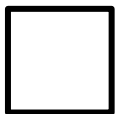
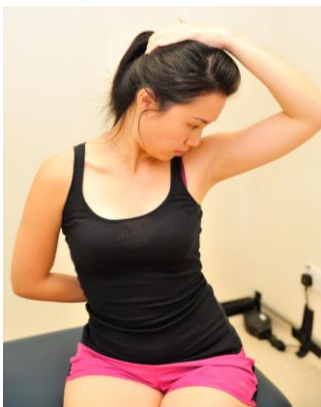
Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

1. Tuck your chin in.
2. Tilt your head away and slightly backwards. At the same time, slightly rotate your head backwards and towards the painful side until a gentle stretch is felt along the front of your neck.

Levator Scapula Stretch



Hold ___ second(s).

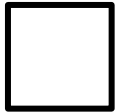
Do ___ set(s).

Do ___ session(s) a day.

1. Place one hand behind your back.
2. Use your other hand to gently pull your head diagonally downwards until you feel a stretch at the side along the back of your neck. (As shown in the image)

Neck Flexibility Exercises

Upper Trapezius Stretch



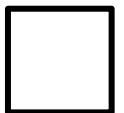
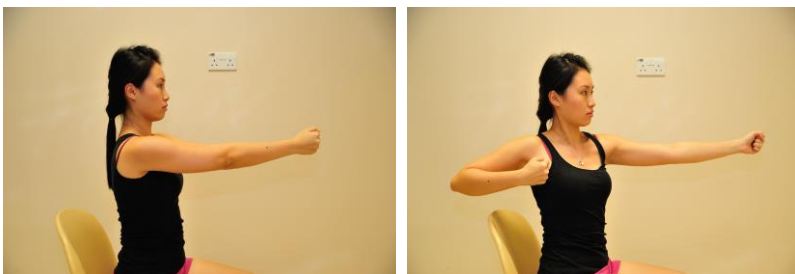
Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

1. Tuck your chin in.
2. Gently grasp one side of your head with the opposite hand and pull your head to the same direction.
3. Tilt your head away until a gentle stretch is felt at the side of your neck.

Thoracic Rotation (Archery) in Sitting



Hold ___ second(s).

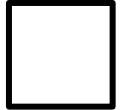
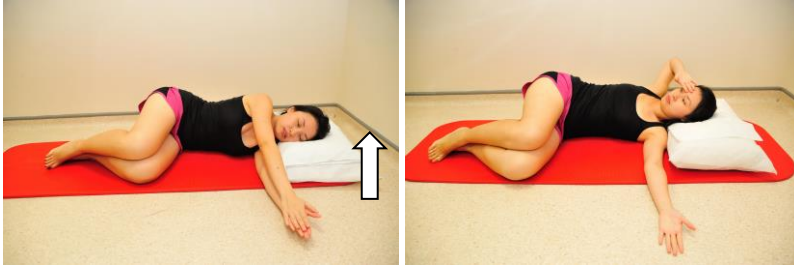
Do ___ set(s).

Do ___ session(s) a day.

1. Place both hands together as shown.
2. Pull one arm backwards as much as you can without moving the other arm.

Neck Flexibility Exercises

Open Book Exercise (Side Lying)



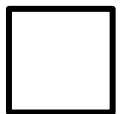
Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

1. Lie on your side and place both arms in front of you. (As shown in the image)
2. Slide the top hand towards the opposite side while keeping your hips and knees still. (As shown in the image)

Biceps Curl (with TheraBand)



Hold ___ second(s).

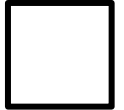
Do ___ set(s).

Do ___ session(s) a day.

1. Hold down one end of the TheraBand with your foot.
2. Keep your elbows close to your body. Bend your elbows to slowly pull the other end of the TheraBand upwards.

Neck Flexibility Exercises

Pectoralis Stretch Against Wall



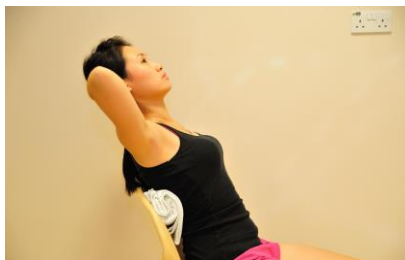
Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

1. Stand alongside a door with your shoulder and elbow resting at 90°.
2. Lean forward until a stretch is felt along your chest area.

Thoracic Extension Stretch on Chair (Without Stick)



Hold ___ second(s).

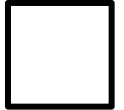
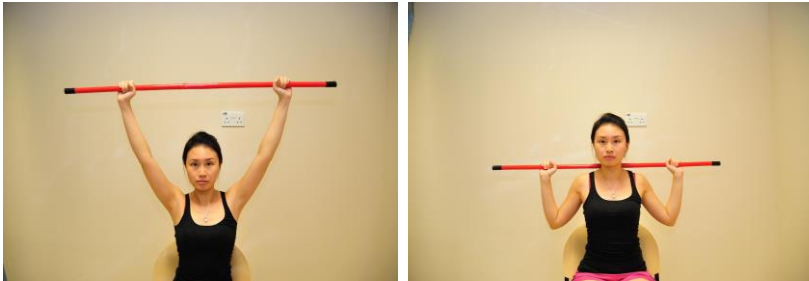
Do ___ set(s).

Do ___ session(s) a day.

1. Place a towel in between a backrest and the middle of your back. (As shown in the image)
2. Bend your body backwards slowly.

Neck Flexibility Exercises

Thoracic Extension Stretch in Chair (With Stick)



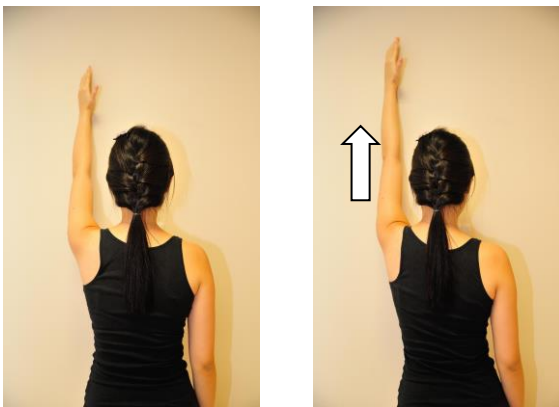
Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

1. Hold a stick with both hands at shoulder width apart.
(As shown in the image)
2. Lower the stick behind your neck by bending both elbows.
Keep your back straight.

Shoulder Shrugs



Hold ___ second(s).

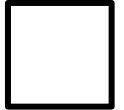
Do ___ set(s).

Do ___ session(s) a day.

1. Raise your ___ arm and lean it against a flat surface.
2. Shrug your shoulders up and down. (As shown in the image)

Neck Flexibility Exercises

Thoracic Stacking



Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

1. Start with your elbows bent and fingers interlocked above your head.
2. Push your palms away and upwards.

Clinic B1C
TTSH Medical Centre, Level B1
Contact:
6357 7000 (Central Hotline)



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any feedback regarding what you have
just read at
patienteducation@ttsh.com.sg



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