

November 24, 2022

Is your *Neck* a *Pain* in the *Head*?



7
Exercises

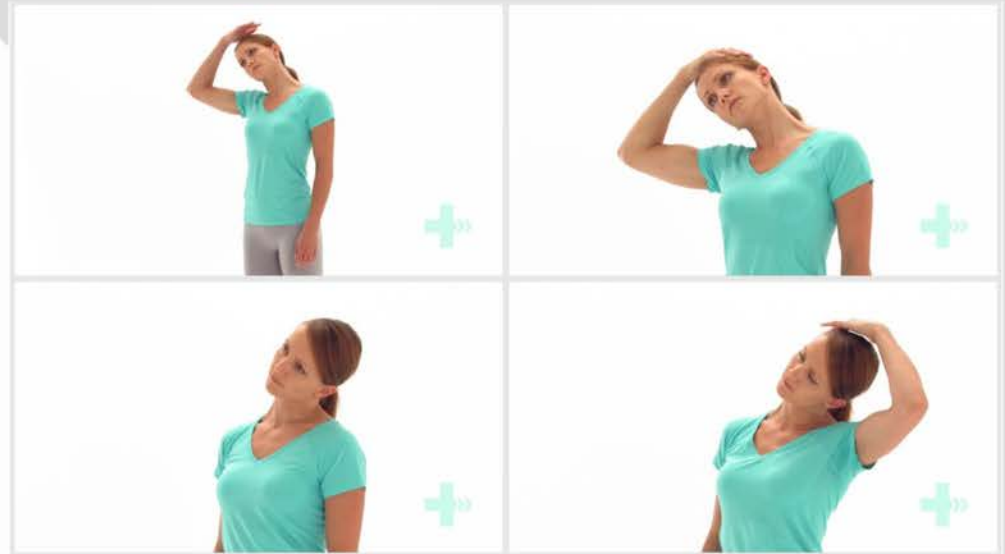
HEAD & NECK PAIN PROGRAM



1 "UPPER TRAPEZIUS STRETCH" CERVICAL SIDE BENDING STRETCH, STANDING

1 SET / 4 REPS / 30 S HOLD

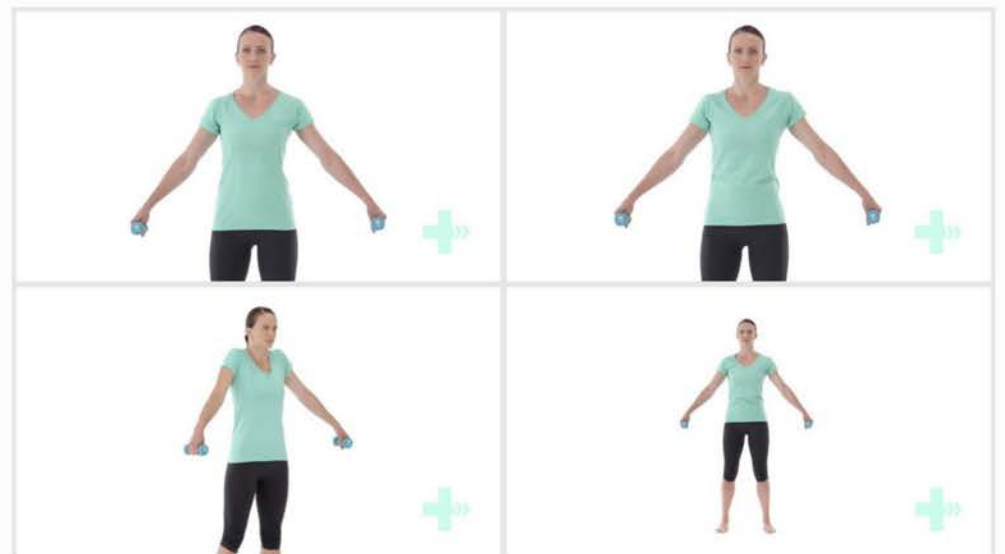
- Gently tilt your head to one side until you feel the stretch on the opposite side.
- If it's comfortable for you, apply some gentle pressure on the side of your head with one hand to increase the stretch.
- Repeat on the opposite side.



"SHOULDER SHRUGS" SCAPULAR ELEVATION STRENGTHENING, WITH DUMBBELLS, ARMS ABDUCTED 30°, STANDING 2

3 SETS / 8 REPS / 2 LB WEIGHTS

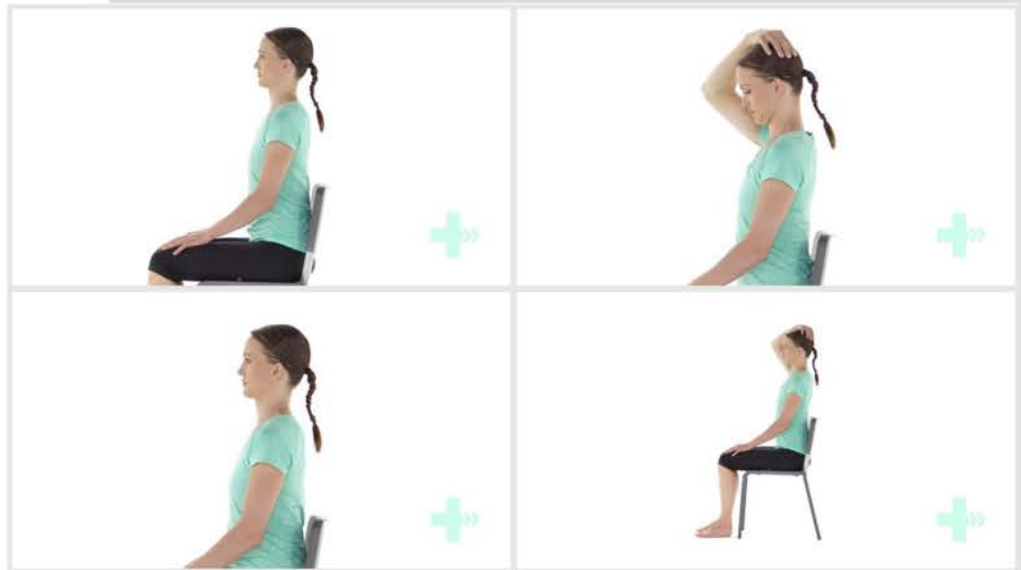
- Stand up straight with your arms by your sides.
- Hold a weight in each hand.
- With your arms straight, lift them directly away from you, out to the side.
- When your arms are at approximately 30 degrees away from your side, hold them in this position.
- Keeping both arms at the same angle, shrug your shoulders up towards your ears.
- Control the movement as you lower your shoulders back down, and then repeat.
- Ensure your arms stay at the same angle away from the sides of your body throughout.
- *8 to 12 repetitions with a weight that is difficult but not painful.*



3 CERVICAL RETRACTION/FLEXION SUBOCCIPITAL STRETCH, WITH ASSIST, SITTING

- Sit up straight in a chair, looking directly ahead.
- Perform a chin tuck, keeping your gaze directly forward and your head in the same rotation.
- Think about lengthening through the back of your neck.
- Place your hands over the top of your head.
- Maintaining a chin tuck, gently pull your head downwards.
- You may feel a stretch at the very base of your skull.
- Hold this position.

1 SET / 3 REPS / 30 S HOLD

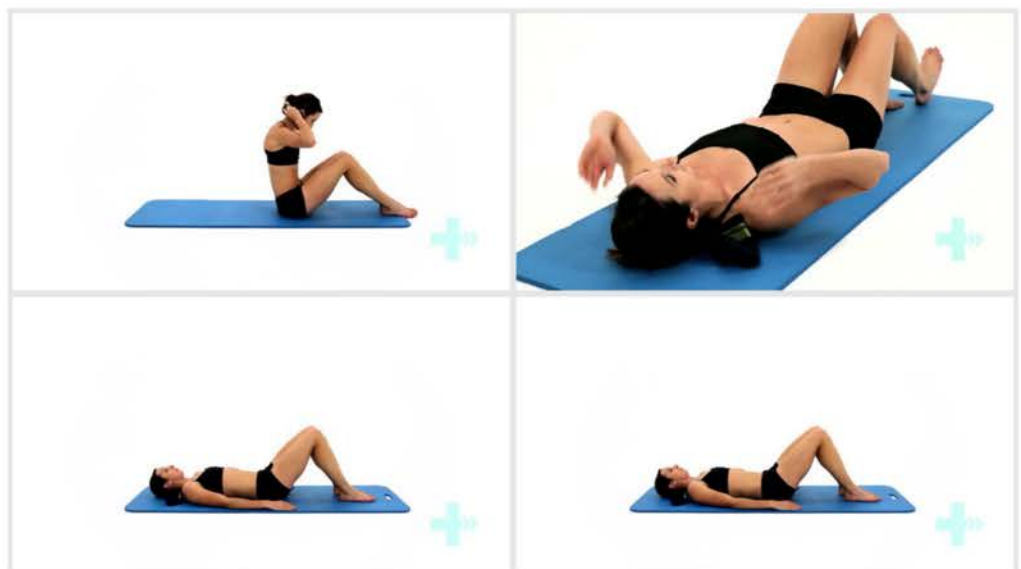


"SUBOCCIPITAL RELEASE" SUBOCCIPITAL SELF MOBILIZATION, WITH BALL, SUPINE

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- Place two tennis balls side by side in a sock.
- The sock provides padding.
- Lie back, placing the tennis balls just below the base of your skull.
- The tennis balls will apply pressure directly into the suboccipital muscles of the neck.
- These are the headache muscles.
- It's important to use tennis balls and not a hard ball, like a golf ball.
- Hold the position on a tender spot.

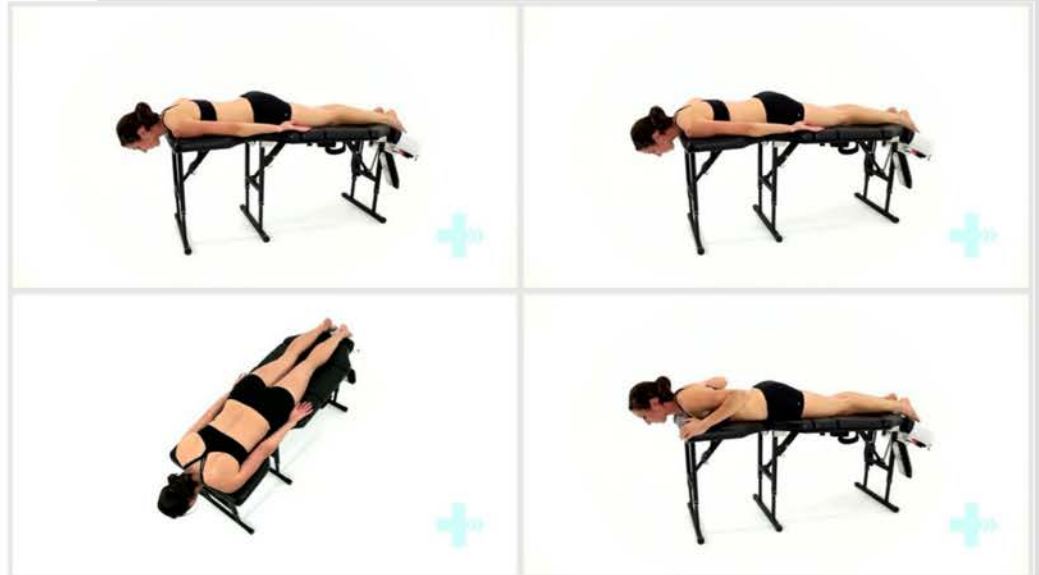
1 SETS / 3 REPS / 60 S HOLD



5 CERVICAL RETRACTION STRENGTHENING, TUCKING CHIN, PRONE OVER EDGE

- Lie on your front with your head hanging off the edge of the bed.
- Keeping your head neutral, looking directly at the floor below you, pull the back of your head towards the ceiling.
- Your head should not extend backward.
- Hold, then control the movement back down to the start position.
- Think about tucking your chin in and extending through the back of your neck as you do this movement.

3 SETS / 8 REPS / 10 S HOLD

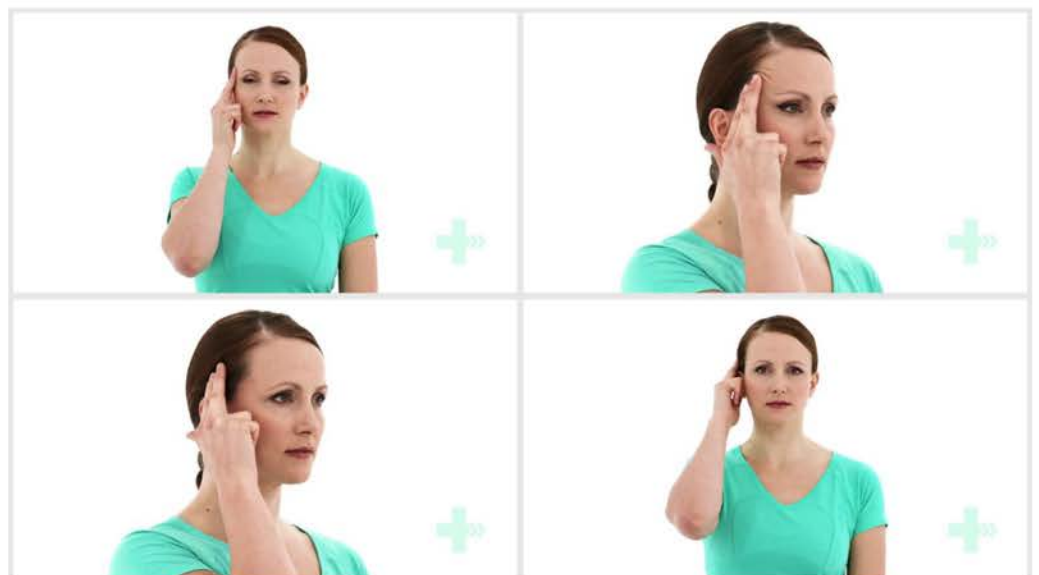


TEMPORALIS MASSAGE, SITTING; 01

6

- Sit upright with your feet flat on the floor.
- Place your fingertips (two or three fingers) approximately 2 fingers' breadth higher than your cheekbone and your ear.
- Clench your teeth to locate the muscle, and relax your jaw.
- Gently massage this area through circular motions.
- Move from the front of the head (temporal area), to the middle (above the ear) to the back (behind the ear).
- Perform this exercise on the side as instructed by your clinician.

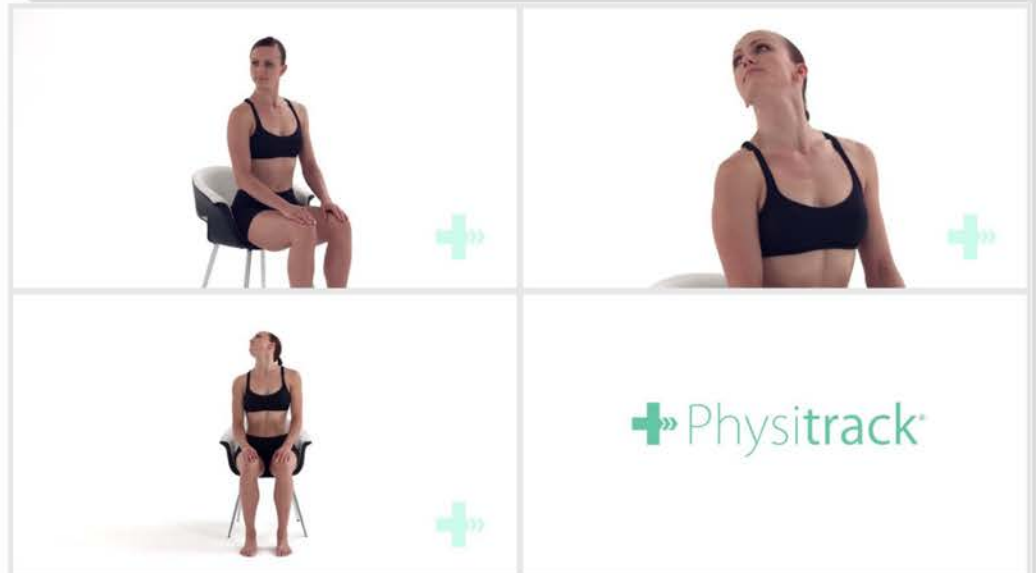
1 SETS / 3 REPS / 60 S HOLD



7 STERNOCLEIDOMASTOID STRETCH, SITTING

1 SET / 3 REPS / 30 S HOLD

- Sit upright on a chair.
- Rotate your head to one side and extend your neck, then look up and back further, stretching your neck.
- Use your hand to increase this stretch if required.
- Hold and then relax.



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