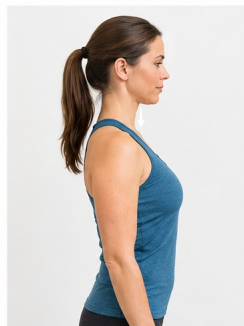




NECK PAIN

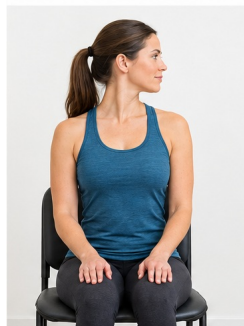
Gentle mobility, posture & strengthening

DAILY PLAN Move gently and stay in a comfortable range. Follow your clinician's specific instructions.
Stop if symptoms worsen. Seek urgent care for new weakness, loss of coordination, or bowel/bladder changes.



1 Chin tuck

Sit tall and look straight ahead. Glide your chin straight back, making a gentle "double chin"; do not look down. Hold 3–5 seconds; repeat 8–10 times.



2 Gentle neck rotation

Slowly turn your head to look over one shoulder, staying within a comfortable range. Return to center. Repeat 5–8 times per side.



3 Side-bend stretch

Keep shoulders relaxed. Gently bring one ear toward that shoulder without raising the shoulder. Hold 10–15 seconds; repeat twice per side.



4 Levator scapula stretch

Turn your head about 45° to one side, then gently look down toward that armpit. Hold 10–15 seconds; repeat twice per side.



5 Shoulder-blade squeeze

Sit or stand tall. Draw shoulder blades gently back and down without shrugging. Hold 5 seconds; repeat 10 times.



6 Isometric neck press

Keep head neutral. Press hand lightly into forehead without moving your head; repeat at back and each side. Hold 3–5 seconds, 3 times each direction.



7 Gentle upper-trapezius stretch

Sit tall and gently tilt one ear toward that shoulder. Use no or very light hand assistance; never pull hard. Hold 10–15 seconds; repeat twice per side.



8 Supported upper-back extension

Sit against a sturdy chair back. Support your head with hands and gently extend upper back over the chair. Keep neck comfortable. Repeat 5 times.

WEEKLY PARTICIPATION CHECKLIST

Check each day you complete your prescribed routine.

MON

☐

TUE

☐

WED

☐

THU

☐

FRI

☐

SAT

☐

SUN

☐