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Guidelines for Neck Pain / Cervical Headaches

- Avoid sitting/standing with slouched posture.
- Change positions frequently (every 20-30 minutes), especially those with sedentary occupations/lifestyles.
- Stretches should not be painful, you should only feel a gentle pull.
- Hold each stretch 30 seconds and perform each 2-3x/day.
- Exercises (cervical and scapular retractions) should be held 5-10 seconds, 10-15 repetitions 2-3x/day.



#1 Positioning

- Good posture is important. Avoid slouching and forward head thrust. Maintain curve in low back and align ears over shoulders, hips over ankles.



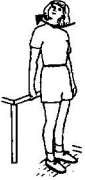
#2 Cervical Retraction

- Pull head straight back keeping jaw and eyes level.



#3 Scapular Retraction

- Sitting. Arms at shoulder height, elbows bent. Pinch shoulder blades together, moving elbows backward.



#4 Neck Lateral Flexor/Rotator Stretch

1. Stand with back to table. Hold table top with right hand. Tuck chin in and flatten neck.
2. Lean head to left shoulder, keeping shoulder down.
3. Turn head to right.
4. Lean away from table. Feel stretch on right side of neck. Repeat on opposite side.



#5 Neck Rotator & Flexor Stretch

- 1. Sitting. Tuck chin in and flatten neck.
 - 2. Turn head to left.
 - 3. Lean head to left shoulder, keeping shoulders down.
 - 4. Reach down and back with right hand, holding chair seat.
- Repeat on the opposite side.



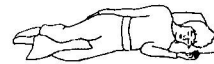
#6 Corner Pectoral Stretch

- Standing in corner with hands at shoulder level and feet 2 feet from corner, lean forward until a comfortable stretch is felt across chest.



#7 Positioning

- Place pillow under knees. A pillow with cervical support and a roll around waist are also helpful.



#8 Positioning

- Place pillow between knees. Use cervical support under neck and a roll around waist as needed.