

Exercise Program for Neck Strain

If you have a neck strain, performing home exercises can help relieve pain and improve strength and flexibility in your neck.

There are 5 exercises in this program: neck rotations, neck flexion, neck extensions, neck side bending, and scapular squeezes.

Start each exercise slowly. A little discomfort is normal, but stop any exercise that causes pain.

Now, let's get started.

To do neck rotations: Sit or stand up straight.

Slowly turn your head to one side as far as is comfortable. Hold for 15 to 30 seconds.

Then turn your head to the other side and hold for 15 to 30 seconds.

Repeat 3 times.

To do neck flexion: Sit or stand up straight.

Slowly drop your chin toward your chest. Only go as far as is comfortable.

Hold for 15 to 30 seconds. Return to the starting position.

Repeat 3 times.

To do neck extensions: Sit or stand up straight.

Slowly look up towards the ceiling as far as is comfortable.

Hold for 15 to 30 seconds. Return to the starting position.

Repeat 3 times.

To do neck side bending: Sit or stand up straight.

Slowly bring your ear to your shoulder as far as is comfortable.

Hold for 15 to 30 seconds, then return to the starting position and repeat to the opposite side.

Repeat 3 times on each side.

To do scapular squeezes: Sit or stand up straight with your arms at your sides.

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Keeping your shoulders relaxed, squeeze your shoulder blades together.

Hold for 5 seconds, then relax.

Repeat 10 times.

Talk to your healthcare provider or physical therapist about these exercises and others to help ease your neck pain.