

CERVICAL SPINE EXERCISES

EXERCISES FOR NECK PAIN

CERVICAL FLEXION AND ROTATION STRETCHING EXERCISE



Standing or sitting in a chair. Back straight. Gaze forward. Place your hand on the same side of your head (this will assist you in the movement). Rotate your neck to one side and point your head downward, as if trying to touch your nose to the shoulder on the same side. When starting the stretch, it is crucial to avoid pain. You should stretch only until you feel tension in the muscle and tendons, and then hold that position for a while until the tension decreases. With practice, you can extend the holding time, **but you should never feel pain**. Repeat the same exercise on the opposite side.

Goals:

- Pain relief.
- Stretches and reduces muscle tension in the sternocleidomastoid and scalenes.
- Maintains cervical joint balance.

CERVICAL LATERAL FLEXION STRETCH EXERCISE



Standing or sitting in a chair. Back straight. Gaze forward. Place your hand on your head on the same side (this will assist you in the movement). Rotate your neck laterally to one side, as if trying to touch your ear to your shoulder on the same side.

When starting the stretch, it is crucial to avoid pain. You should stretch only until you feel tension in the muscle and tendons, and then hold that position for a while until the tension decreases. With practice, you can extend the holding time, **but you should never feel pain.** Do the same exercise on the opposite side.

Goals:

- Pain relief.
- Stretches and reduces muscle tension in the sternocleidomastoid, scalenes, upper trapezius, and levator scapulae.
- Maintains cervical joint balance.

DOUBLE CHIN EXERCISE



Sit in a chair. Back straight. Gaze forward. Try to pull your mastoid (the bone you can feel behind your ears) back. Straighten your neck and hold this position for 5 seconds. Relax for 5 seconds and repeat.

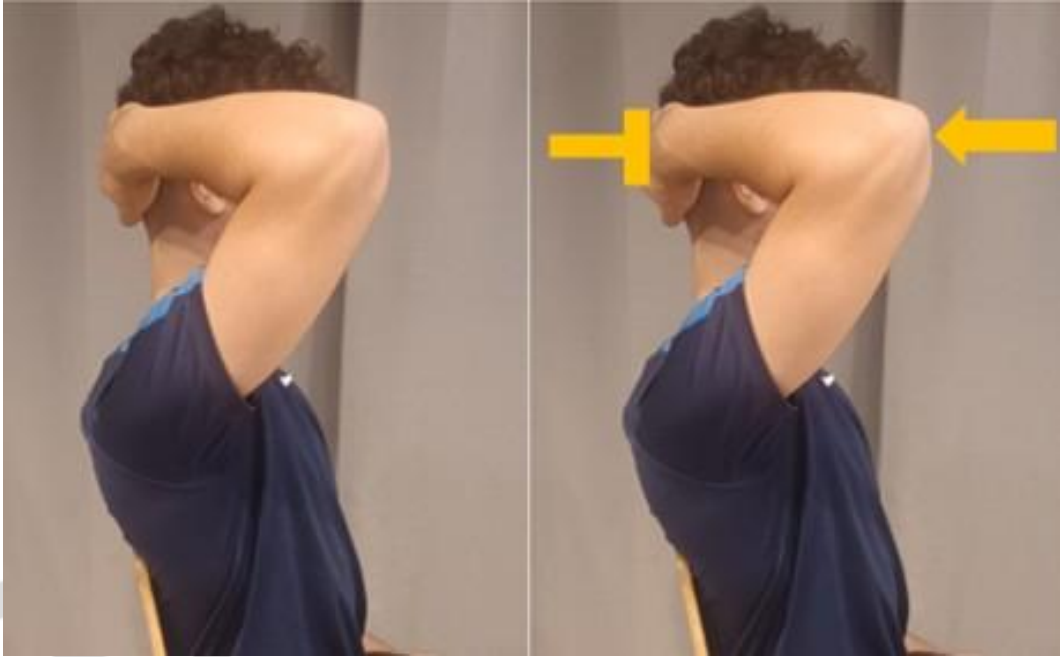
Perform:

- 10 repetitions.
- 3 sets daily.

Goals:

- Postural correction of a forward neck.
- Stretching of extensor muscles.
- Strengthening of deep cervical flexor muscles.
- Pain relief.
- Improving cervical stability.

ISOMETRIC EXTENSION EXERCISE



Push the back of your neck back as if trying to look up at the ceiling, against resistance: you can use your hands (as shown) or a wall. Without moving your head. Hold the pressure for 5 seconds.

Perform:

- 10 repetitions.
- 3 sets daily.

Goals:

- Strengthening of the cervical extensor muscles.
- Pain relief.
- Improve cervical stability.

ISOMETRIC FLEXION EXERCISE



Push your head down as if trying to touch your chin to your chest, against resistance: you can use your hands (as shown). Without moving your head.
Hold the pressure for 5 seconds.

Perform:

- 10 repetitions.
- 3 sets daily.

Goals:

- Strengthening of the cervical flexor muscles.
- Pain relief.
- Improve cervical stability.

ISOMETRIC INCLINE EXERCISE



Push your head as if trying to touch your ear to the shoulder on the same side: the hand on the same side resists the movement. Do not move your head.
Hold the pressure for 5 seconds.

Perform:

- 10 repetitions.
- 3 sets daily.

Goals:

- Strengthening of the cervical flexor muscles.
- Pain relief.
- Improve cervical stability.

CERVICAL FLEXION AND EXTENSION EXERCISE



Standing or sitting in a chair. Back straight. Gaze forward. Bring your chin toward your chest. Hold for 20 seconds. Return to the starting position. Extend your neck backward, trying to look at the ceiling. Hold for 20 seconds and return to the starting position.

Perform:

- 3 repetitions.
- 3 sets daily.

Goals:

- Pain relief.
- Stretches and reduces muscle tension in the cervical flexor and extensor muscles.
- Maintains cervical joint balance.

SIDE BENDING EXERCISE



Standing or sitting in a chair. Back straight. Gaze forward. Bring the ear on one side toward the shoulder on the same side. Hold for 20 seconds and return to the starting position. Repeat the same exercise on the opposite side.

Perform:

- 3 repetitions.
- 3 sets daily.

Goals:

- Pain relief.
- Stretches and reduces lateral cervical muscle tension.
- Maintains cervical joint balance.

CERVICAL ROTATION EXERCISE



Standing or sitting in a chair. Keep your back straight. Look forward. Rotate your neck to one side. Hold for 30 seconds and return to the starting position. Repeat the same exercise on the opposite side.

Perform:

- 3 repetitions.
- 3 sets daily.

Goals:

- Pain relief.
- Stretches and reduces lateral cervical muscle tension.
- Maintains cervical joint balance.

SHOULDER ROTATION EXERCISE



Standing or sitting in a chair. Back straight. Gaze forward. Inhale deeply and exhale slowly as you move your shoulders sequentially:

1. up.
2. back.
3. forward.
4. up again and back to the starting position.

Perform:

- 3 repetitions.
- 3 sets daily.

Goals:

- Pain relief.
- Improved postural control.
- Maintains joint balance in both shoulders.
- Activates the rotator cuff muscles.

SHOULDER RAISE EXERCISE WITH WEIGHTS



Keep your arms extended, parallel to your body, holding 2-3 kg weights in your hands. Raise your shoulders and hold for 5 seconds. Do not bend your elbows. Gradually relax and rest for 5 seconds between repetitions.

Perform:

- 10 repetitions.
- 3 sets daily.

Goals:

- Strengthening of the upper trapezius.
- Scapular stabilization.
- Improve cervical stability.

ELASTIC BAND ROWING EXERCISE



Stand facing a door or a structure that allows you to attach the resistance band. Grasp the ends with your hands. Keep your back straight. Look forward. Stretch the band by pushing your shoulders and elbows back. Hold for 5 seconds.

Perform:

- 10 repetitions.
- 3 sets daily.

Goals:

- Improve posture of the thoracic spine.
- Improve shoulder and scapula stability.

[Book an appointment with Dr. Jordi Jiménez](#). He will see you at the center of Palma de Mallorca and help you regain your quality of life.