

Exercise plan:
Acute Neck Pain Protocol + Advice

Patient:
BHCC Patient

Date:
14th Aug 2024

Neck Semi-Circles



Circle your neck to one side, and then the other side. Move your neck in a semi-circle direction. Don't worry if you get some crunching or scrunching in the neck, this is normal. You can use this exercise to get your neck more mobile.

Sets: 3 | Repetitions: 10 | Both sides

Video: <http://youtu.be/8QCjZMdclpc>

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Neck Flexion



Tuck your chin in and then roll your head forwards. You should feel a gentle stretch at the back of your neck. Return to the start position.

Sets: 3 | Repetitions: 5 | Time: 5 secs

Video: <http://youtu.be/NZHdC0aeJls>

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Neck Rotation



Sit or stand upright with good posture. Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder and back relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

Sets: 3 | Repetitions: 10

Video: http://youtu.be/UbHEH6t_OJQ

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Ice to your Neck (Sitting)

Place an ice bag or pack of frozen peas over your neck. Keep good posture. Make sure you wrap it in a towel so its not too cold. This exercise can help to reduce inflammation and pain in your neck.

Sets: 3 | Time: 10 mins

Video: <http://youtu.be/52pRux9kyss>

Your Advice Sheet

Please click on the attachment below for the advice sheet
[- Neck Pain.pdf](#)

Dear BHCC, please start the following exercise program. Please STOP any exercise that causes significant pain. Use an ice pack for 10 minutes over the problem area if there is any discomfort after exercising (do not use heat). Do not perform these exercises within 30 minutes of getting up or going to bed. If you have any questions with an exercise, just email us on: m.atkinson@chiropractic-clinic.com. Good luck and keep with it! This protocol will be periodically reviewed by your Chiropractor. Kind Regards, Max Atkinson & Associates, Bradford House Chiropractic Clinic.