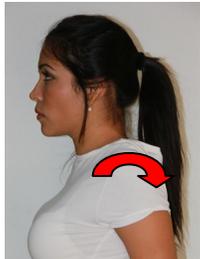


9. SHOULDER RETRACTION



Sit upright with the shoulders and arms relaxed on your side. Make circling movements towards the back. Do this regularly during sitting especially while at your desk or work station.

10. CONTRALATERAL SHOULDER FLEXION AND KNEE AND HIP FLEXION



Simultaneously raise your left knee forward and right arm overhead. Lower to starting position and repeat on the other side (right knee and left arm). Alternately do 10 repetitions on each side. You can use weights as a progression of this exercise.

WITH WEIGHTS

11. CHIN TUCK EXERCISE IN SITTING (FUNKY CHICKEN)



Sit upright with the back supported by a backrest. Place your finger on your chin. Then draw your chin away from your finger as you pull it in. This is basically a nodding movement with your head as if saying 'yes' without dropping your head or looking down. Hold for 10 seconds and repeat 3-5 times.

12. EXERCISE WITH A POLE PULLED DOWN BEHIND BACK



Hold a pole overhead with both hands at each end of the pole at shoulder width. Slowly pull down the pole behind you till the pole is within the nape. Tuck in your chin. Avoid looking down. Hold for 10 seconds and repeat 3-5 times.

13. CHIN TUCK EXERCISE USING A THERAPEUTIC BAND



Stand facing a wall. Wrap a therapeutic band around your upper head. Hold the end of the therapeutic band against the wall. Tuck in your chin. Avoid looking down. Hold for 10 seconds and repeat 3-5 times. Keep head level and push head back.

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NECK REHABILITATION EXERCISES and POSTURAL CORRECTION EXERCISES

Poor neck posture leads to a Forward Head Position which is one of the most common causes of neck, head and shoulder tension and pain. For every inch that the head moves forward in posture, it increases the weight of the head on the neck by 10 pounds. Long term abnormal neck posture leads to muscle strain, disc herniations, arthritis, pinched nerves and instability, fibromyalgia, myofascial pain syndrome, temporomandibular joint dysfunction and chronic fatigue syndromes. A great way to start correcting poor neck posture are the neck exercises which are designed to help gain control over postural neck muscles which have become weak and fatigued over time.

These exercises can cause some mild soreness; this feeling is normal and should not be confused with a true pain. This pain should not last for more than a day or two after the postural neck exercises.

- All exercises can be repeated several times a day.

1. ROLLED UP TOWEL



Do this to gradually restore the correct curve to your neck. Simply roll up a bath towel according to your neck's curve. You can tie both ends with a rubber band. Lie on your back, and then place it in the indent of your neck, making sure that your head and your shoulders are touching the bed's surface. Do this for 10 minutes twice daily.

2. ACTIVE RANGE OF MOTION EXERCISES OF THE CERVICAL SPINE



NECK FLEXION AND EXTENSION Repeat 5 times



NECK SIDE BENDING- Repeat 5 times



NECK ROTATION (SIDE TO SIDE) - Repeat 5 times

3. UPPER BACK CHEST MUSCLE STRETCHING EXERCISES



Chest/ Pectoralis Muscle Stretch Stand facing the corner of a wall and hands rested on each side, hands at shoulder level. Then try to push yourself towards the wall and hold it for 5 seconds repeat 3 times in each day. Make sure don't over stretch your shoulders.



Upper Back and Shoulder Stretch Stand or sit. Interlace fingers behind you, extend arms upward until you feel the stretch. Hold for 10 seconds, Do 5 sets, repeat 3 times daily.

4. SHOULDER ABDUCTION AGAINST THE WALL



Stand against the wall with your arms at your sides. Place a rolled towel at the back of your neck. Bring your arms up, out to the side, and toward the ceiling. Hold for 5 seconds. Return to the starting position. Repeat 10 times.

5. SHOULDER SQUEEZE EXERCISE (SEATED/STANDING)



Stand or sit on upright position with both elbow flexed to 90°, upper arms held close to your sides and wrists in neutral position. Squeeze your shoulder blades together. Hold for 10 seconds and repeat 10 times. Make sure to tuck your chin in.

6. SHOULDER SQUEEZE EXERCISE (ELBOWS AND SHOULDERS AT RIGHT ANGLE)



Stand or sit on upright position with both elbow flexed to 90° and within shoulder level. Squeeze your shoulder blades together. Hold for 10 seconds and repeat 10 times. Make sure to tuck your chin in.

7. SHOULDER SQUEEZE EXERCISE ON A BALL



Y position

Lie on an exercise ball, ball should be between your abdomen and your rib cage and both arms in a Y position. Squeeze your shoulder blades together as you raise your upper back. Hold for 10 seconds and repeat 10 times. Make sure to tuck your chin in. Alternatively, this exercise can be done in a prone position over a cushion or pillows.

8. SHOULDER EXTERNAL ROTATION



Stand upright with both elbow flexed to 90°, upper arms held close to your sides and wrists in neutral position. Move both arms outward while squeezing your shoulder blades together and keeping the upper arm close to your side. Hold for 10 seconds and repeat 10 times. Make sure to tuck your chin in.