

have been stretched out .

What can I do to recover more quickly?

- Stay active and perform regular gentle neck exercises
- Avoid heavy lifting, strenuous sports or heavy exercise for the first few weeks to prevent further injury
- Avoid long periods of sitting – this applies to watching TV, driving and especially if you are working at a desk
- Maintain correct posture when sitting or standing – make sure your back and neck is upright and not bent or slouched over
- Sleep on a supportive pillow – this will help you maintain a neutral spine and make sleeping more comfortable

Recommended neck exercises

The following exercises should be done slowly, without sudden jerks. Expect to experience some discomfort whilst performing the exercises but they should not cause severe pain. Perform the exercises seated with your back straight and shoulders pulled back.

- Flexion and extension exercise
 - » Bend your head forward as far as you can go, leading with your chin
 - » Bring the head back to the starting position
 - » Gently roll your head backward and look up at the ceiling, and then return to the starting position
 - » Repeat the exercise 5 times in each direction



Figure 1: Flexion & Extension Exercise

- Rotation exercise
 - » Gently turn your head as far as you can go to look over one shoulder
 - » Slowly turn your head back to the middle and repeat the turn to the opposite side
 - » Repeat until you have performed 5 rotations to each side



Figure 2: Rotation Exercise

- Side stretch
 - » Gently tilt your head sideways, bringing your ear to your shoulder
 - » Hold for 3 seconds
 - » Slowly bring your head back to the start position
 - » Repeat exercise moving to the opposite side
 - » Repeat until you have performed 5 stretches on each side

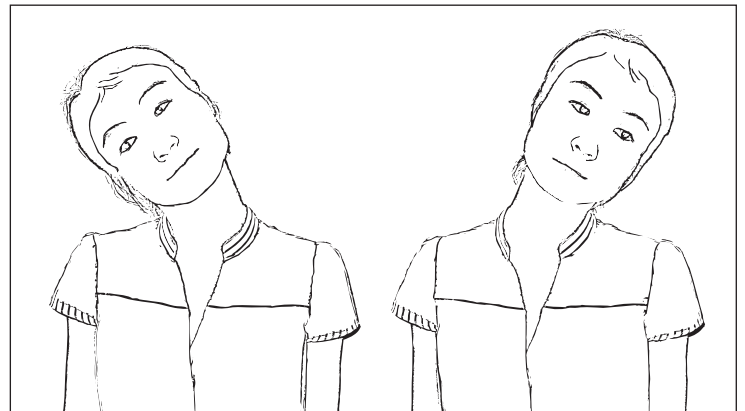


Figure 3: Side Stretch

This information should only be used as a guide. For further reading, visit <http://mcr.coreconcepts.com.sg>.

For more information, please contact your Family Doctor