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Neck Pain Exercises



This leaflet has been provided by **Arthritis Research UK**, the national charity committed to preventing the onset of arthritis, developing a cure for arthritis and transforming the lives of those with arthritis.

This leaflet provides simple exercises that may help with neck pain.

- **Neck pain** is common but most cases aren't caused by a serious problem.
- Most cases of neck pain get better on their own within a few weeks.
- **Stay active**. Bed rest for more than a couple of days makes it harder to get going. Gradually increase your normal activities and do regular exercise.
- Take **painkillers** if needed so you can stay active.
- Your pain should ease within 2 weeks and you should recover over approximately a 4-6 week period.
- You should use the suggested exercises for at least 6-8 weeks to help prevent symptoms returning.
- If you have severe neck pain or weakness in your arms/hands, contact your doctor.

Neck tilt



- Tilt your head down to rest your chin on your chest.
- Gently tense your neck muscles and hold for 5 seconds.
- Return to a neutral position and repeat 5 times.

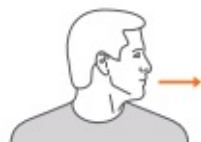
Neck tilt (side to side)



- Tilt your head down towards your shoulder, leading with your ear.
- Gently tense your neck muscles and hold for 5 seconds.
- Return your head to centre and repeat on the opposite side.

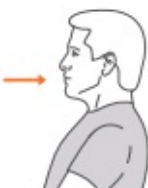
- Repeat 5 times on each side.

Neck turn



- Turn your head towards one side, keeping your chin at the same height and moving within comfortable limits.
- Gently tense your neck muscles and hold for 5 seconds.
- Return your head to the centre and repeat on the opposite side.
- Repeat 5 times on each side.

Neck stretch



- Keeping the rest of the body straight, push your chin forward so your throat is stretched.
- Gently tense your neck muscles and hold for 5 seconds.
- Return your head to the centre and push it backwards, keeping your chin up.
- Hold for 5 seconds. Repeat 5 times.

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