Neck Exercises

Concord Sport
& Spine   Physiotherapy

Neck Retraction Exercise

Many of our habits, particularly poor sitting posture, cause a *protracted* (poked) neck position. This places a lot of stress on the joints and muscles in the neck and upper back, and can lead to shoulder problems. Especially for those who sit a lot, it is important to do regular *retraction* exercises to compensate for the bad neck position.
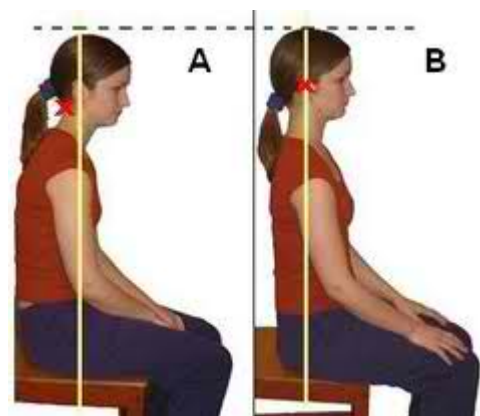
Exercise
Sit up straight (but not rigid), preferably with support in your chair for the lower back. You may want to review the exercise for correcting your low back position while sitting (Pelvic Tilt Sitting).

Keep your shoulders relaxed & don't let them droop forward.

Gently retract your neck (give yourself a double chin) to the point where you feel mild resistance. Don't let your chin drop, and don't let your head tilt back at all. Your eyes should stay level the whole time. In the early stages it may help to use your index finger to guide the chin backwards.

Hold the position for between 2 & 5 seconds. Then relax, but don't let your head go all the way forward. Repeat this 10 times. You can do this while you continue your regular work.

Start off doing this once every 20 to 30 minutes. Then aim for every 15 minutes. In reality, once you get the hang of it, there is no effort involved, and you should be able to do it very often during the day. And in time, as your neck becomes more flexible, you should be able to retract further back. And when you relax, your neck shouldn't protract as far forward.

If you would like a printable copy of this exercise, please email us at: info@cssphysio.com.au

For information on all types of injuries visit:
http://www.cssphysio.com.au/forpatients.html

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