

Swimmer's Neck Pain Rehabilitation

This exercise programme has specific exercises to strengthen the muscles around your neck, or more specifically the front of the neck. These are traditionally weak and related to poor posture. Stretches are included to release tight muscles around the neck. These exercises and stretches will help improve muscle balance and stability around your neck. To get the best benefit you need to perform the exercises with good technique, positioning and

alignment. Do them slowly and correctly. Poor practice can lead to strain and injury. These exercises may be adjusted to your specific needs. As you improve other exercises may be added for progression. Your physical therapist will guide you through this. If at any time you feel pain or discomfort consult your physical therapist to adjust your rehabilitation programme, rather than simply stopping it all together.

Isometric Neck Flexion

Place your palm on your forehead, and resist flexion of your neck while keeping your head still. Hold, and then relax. You should feel the muscles at the front and side of your neck contracting. Hold for 10 seconds.



SETS 1 REPS 10

 **Video:**
<http://youtu.be/WnKcq1Uh8m4>

Neck Flattening

Lying flat, tuck your chin down to your chest reducing the gap between your neck and the floor. You will feel a gentle stretch at the top back of your neck. Hold this position, and then relax. Hold for 30 seconds.



SETS 1 REPS 10

 **Video:**
http://youtu.be/gk0_z3iQ6Qc

Spikey Ball Upper Trapezius Stretch

Place a spikey ball (or any small object) between your arm and your side, and turn your thumb upwards. Bend your neck to the opposite side (i.e. your ear goes towards your opposite shoulder). You can use your hand to make the stretch stronger. Keep good posture, and do not round your back. You will feel a stretch at the back of your neck and shoulder. This exercise will help improve neck mobility. Hold for 30 seconds. Perform both sides.



SETS 1 REPS 3

 **Video:**
<http://youtu.be/rVKCPs32mLA>

Levator Scapulae Stretch

Bend your neck forwards, and then side-bend your neck by taking your left ear towards your left shoulder. Hold on to a chair to make the stretch stronger. This will allow you to feel a stretch at the back and side of your neck. You can make the stretch stronger by assisting with your hand. Hold for 30 seconds. Perform both sides.



SETS 1 REPS 10

 **Video:**
<http://youtu.be/imLiEN0Kf14>

Neck Flexor Strengthening

Lie on your back, and lift your head off the floor/bed while tucking your chin in slightly. You should feel the muscles at the front and side of your neck contracting. Use a pillow if that feels more comfortable. as you get stronger and there is less shaking hold for longer so improving endurance. Hold for 10 seconds.



SETS 1 REPS 10

 **Video:**
<http://youtu.be/-TOBip8Pvjo>

Bruegger's Posture Standing Wall Band

Stand up against a wall. Ensure your heels, buttocks, shoulders and head are touching the wall. Turn your hands out, so your palms are facing forwards with your hands resting against the wall. Bring your shoulder blades down and towards the midline. Tuck your chin backwards slightly (give yourself a double chin). Breathe deeply throughout the exercise. If your upper back is very rounded and you are unable to get your head to the wall, do not arch your neck, just keep your head where it feels comfortable. Repeat the movement. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture. Hold for 1 minute increase hold time with progress.



 **Video:**
<http://youtu.be/Fwgv-dy8yAM>

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