

Upper Neck Stretches & Exercises

When head is forward, you experience an increase of 1 pound of stress on the neck with every inch it is forward.

The common postural fault in the upper neck is the forward head (forward poke) posture. This puts the upper neck muscles on stress (work harder to hold the head up) and eventually causes them to shorten. They may also scar up. This also places additional stress and load on the joints of the spine which can result in pain and headaches. It eventually can affect the discs and nerves further down the spine spreading pain down the arms. This forward head problem has gotten worse due to the use of cell phones, tablets, and laptops. We will show you basic stretches, mobilizations, and exercises to combat all of this.

1. Chin tuck in supine position with rolled towel under head.



2. Chin tuck in seated position



3. Chin tuck with overpressure using fingers or crux of thumb



4. Self-massage of suboccipital area (circles and splaying).



5. Rotation with selvage of towel or with belt. Or use hands. Chin tuck and rotate to painful side. If continues to hurt and pain does not centralize. Chin tuck and rotate to nonpainful side.



6. Mobilizing the upper back will affect and help the upper neck. If the upper back is fixated into flexion, it will be hard for you to get the upper neck into correct position. (Use tennis balls or back pod)

