



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.

Perform both sides

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



Gaze Stability Neck Rotation Sitting

Sit up straight, and place your arm in front of you with your thumb pointing up. Keep your arm still and your vision fixed on your thumb, so do not move your thumb or your gaze at all during the movement. Rotate your neck left and right while keeping your gaze fixed within your field of vision. Only move as far as feels comfortable, do not strain your eyes.

Perform both sides

Video: <http://youtu.be/6FBQShXjbRE>



Gaze Stability Neck Torsion Sitting

Sit up straight, with your neck rotated to 45 degrees. Place your arm in front of you with your thumb pointing up. Keep your arm still and your vision fixed on your thumb, so do not move your thumb or your gaze at all during the movement. Rotate your neck left and right while keeping your gaze fixed within your field of vision. Only move as far as feels comfortable, do not strain your eyes.

Perform both sides

Video: <http://youtu.be/5tm3a1HjtIM>



Gaze Stability Neck Flexion Extension Sitting

Sit up straight, and place your arm in front of you with your thumb pointing up. Keep your arm still and your vision fixed on your thumb, so do not move your thumb or your gaze at all during the movement. Extend your neck backwards, and back to neutral, and then downwards into flexion. All the time keep your gaze fixed within your field of vision. Only move as far as feels comfortable, do not strain your eyes.

Perform both sides

Video: <http://youtu.be/rS6Y76E4IxE>

Neck Semi-Circles

Circle your neck to one side, and then the other side. Move your neck in a semi-circle direction. Don't worry if you get some crunching or scrunching in the neck, this is normal. You can use this exercise to get your neck more mobile.

Video: <http://youtu.be/8QCjZMdclpc>

Mid-Scalene Sternocleidomastoid Stretch

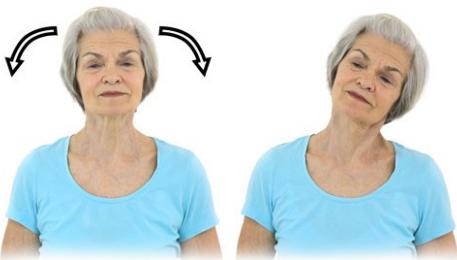
Hook your fingers above your collar bone, and gently side-bend your neck to the opposite side. Hold the stretch. You should feel the stretch at the front/side of your neck. This exercise will help improve mobility to your neck.

Video: <http://youtu.be/8by8-cpjPJU>

Neck Side-Flexion Sitting

Sit upright with good posture. Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Now repeat to the right. Keep the movement gentle and rhythmical. This exercise will help improve mobility to your neck.

Video: <https://youtu.be/2YIE34KANEA>



Neck Flexor Strengthening 1

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.

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



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Neck Side Flexion Goof Ball

Side-bend your neck into a goof ball resting on the wall. You will feel the muscles on the side of your neck contracting, which can help to strengthen your neck.

Perform both sides

Video: <http://youtu.be/-nHbFtNYICE>



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Neck Extension Overstretch

Sitting down, tilt your head backwards and with your hands on your top of your head apply a small amount of pressure to stretch your front neck muscles. Stop your exercise immediately if you get any dizziness or blurred vision.

Perform both sides

Video: <http://youtu.be/HyfKIYy3sp4>



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Neck Side Flexion Stretch

Place your hands behind your neck, and gently tilt your neck (moving your ear towards your shoulder). You can lift your chin slightly if you wish. You should feel a stretch on the opposite side.

Video: http://youtu.be/qrMB_a6Yxjg



Hyoid Stretch

Extend your neck backwards, gently, and close your jaw to feel a stretch at the top of your throat. Keep your tongue on the roof of your mouth. Hold the stretch, and relax. Stop the exercise immediately if you get any dizziness or blurred vision. This stretches the muscles around the front of your neck and throat.



Video: <http://youtu.be/r50zbEt3WAM>

Isometric Neck Rotation

Place the palm of your hand on the side of your head, and gently push your neck into rotation while you try to keep your face/nose pointing forwards and your head still. You should feel a contraction of your neck muscles at the front and side of your neck.

Perform both sides

Video: http://youtu.be/E5ad2c2z_Bc



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Neck Semi-Circles

Circle your neck to one side, and then the other side. Move your neck in a semi-circle direction. Don't worry if you get some crunching or scrunching in the neck, this is normal. You can use this exercise to get your neck more mobile.

Video: <http://youtu.be/8QCjZMdclpc>



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Mid-Scalene Sternocleidomastoid Stretch

Hook your fingers above your collar bone, and gently side-bend your neck to the opposite side. Hold the stretch. You should feel the stretch at the front/side of your neck. This exercise will help improve mobility to your neck.

Perform both sides

Video: <http://youtu.be/8by8-cpjPJU>





Mid-Scalene Sternocleidomastoid Stretch (Stronger)

Hook your fingers above your collar bone, and gently side-bend your neck to the opposite side. Hold the stretch. You can make the stretch stronger by extending your neck. You should feel the stretch at the front/side of your neck. This exercise will help improve mobility to your neck.

Perform both sides

Video: <http://youtu.be/XR5sqxPmPUc>

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Isometric Neck Side Flexion

Ensuring your nose is pointing forwards during the whole exercise, place your palm on the side of your head and resist bending your head towards your ear. Keep your head still. You will feel the muscles at the side of your neck contracting.

Perform both sides

Video: <http://youtu.be/fkQ6fgURPDk>

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Cervical Extension Stabilisation Sitting

Sitting upright with good posture, slightly tuck your chin downwards and maintaining your chin in this position, gently extend (arch) your neck. You will feel a stretch at the front and maybe the back of your neck. Breathe normally.

Video: <http://youtu.be/WZFGakfSpmw>

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Cervical Extension Stabilisation Prone

Lie face down, tuck your chin towards your chest slightly, and maintaining your chin in this position, gently extend (arch) your neck. You will feel a stretch at the front and maybe the back of your neck. Breathe normally.

Video: http://youtu.be/ulqr3U7o_fs

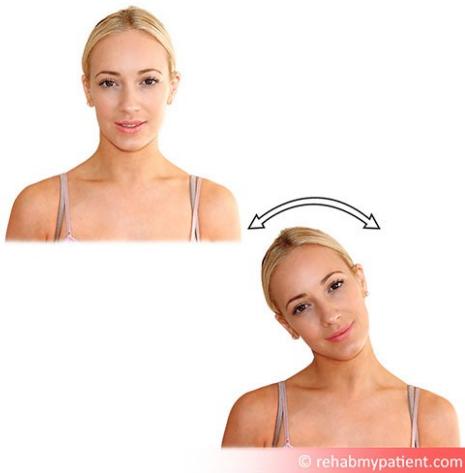
Chair Rotation



Sitting in an upright position, rotate your upper body by moving your hand towards the opposite side of the chair back-rest. You can let the head follow, but progress by keeping the head straight forwards, thus making the rotation stronger. This is a great exercise to do while sitting for long periods of time if you feel your back is getting stiff.

Perform both sides

Video: <http://youtu.be/BINhowQbyA8>



Neck Side Flexion Mobilisation

Sit or stand in an upright position with good posture. Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Now repeat to the right. Keep the movement gentle and rhythmical. This exercise will help improve mobility to your neck.

Video: <http://youtu.be/MpUIDH-atsy>

P.S. Additional advice sheet

You will find the advice sheet attached in your email
- [Anterior Scalene Syndrome.pdf](#)