



Neck Protocol

The following exercises are common for treatment of neck pain. A traditional physical therapy clinic will charge you and your insurance company hundreds of dollars for them. We are giving them to you for **free**. If these exercises don't provide the help you need, Performance Health + Wellness will create a custom protocol to meet your needs.

1. **Chin Tucks** – Sit tall, tuck your chin slightly, and hold for 5 seconds. (3 sets of 10 reps)
2. **Upper Trap Stretch** – Tilt your head to one side, hold for 20-30 seconds. (3 sets per side)
3. **Levator Scap Stretch** – Look down and away, pulling gently on your head. Hold for 20-30 seconds. (3 sets per side)
4. **Neck Rotations** – Turn your head side to side. (3 sets of 10 reps per side)
5. **Neck Side Bends** – Tilt your ear toward your shoulder. (3 sets of 10 reps per side)
6. **Shoulder Blade Squeeze** – Pinch shoulder blades together. Hold for 5 seconds. (3 sets of 10 reps)
7. **Isometric Neck Presses** – Press your head against your hand in different directions. Hold for 5 seconds. (3 sets per direction)
8. **Neck Retractions** – Lie on your back, push your head into the floor. Hold for 5 seconds. (3 sets of 10 reps)
9. **Wall Angels** – Stand against a wall, move arms up and down like a snow angel. (3 sets of 10 reps)
10. **Shoulder Flexion Stretch** – Holding a stick with both hands, raise over head as far as comfortable. (3 sets of 10)

 **Videos of exercises available [HERE](#)**

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The exercises and information provided here are for general educational purposes only and are not intended as medical advice. Always consult with a licensed healthcare provider before starting any exercise program, especially if you have any pre-existing health conditions or concerns. Only a licensed healthcare provider can diagnose medical conditions and offer appropriate treatment. Proceed with caution and prioritize your health and safety.