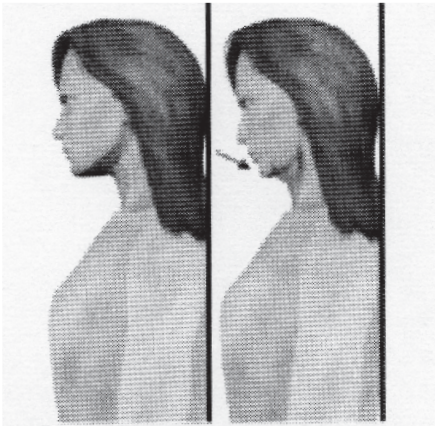


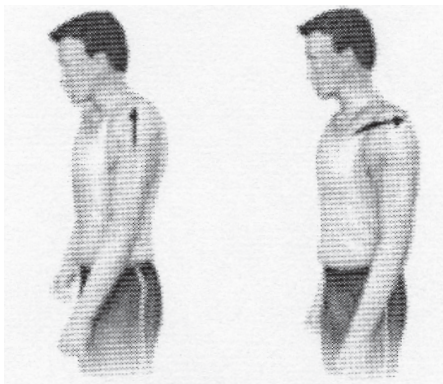
## Cervical Neck Strain Exercises

A cervical neck strain occurs when the neck is turned too quickly or forced to bend or turn further than is normal. This may cause stress and stretching of the muscles, tendons, ligaments, nerves or other neck tissue. Ask your caregiver for more information about other ways to treat your injury.



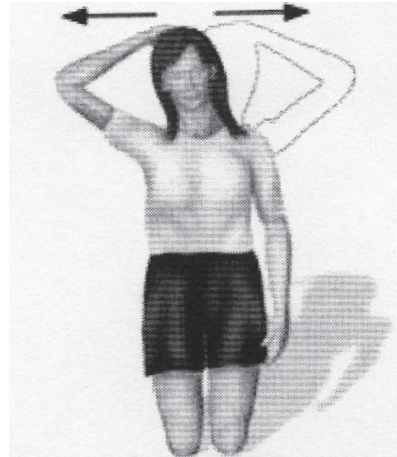
### Neck Glides

Keeping your chin parallel to the ground, slide your head backwards and hold for 3 seconds. Return to the starting position and repeat 10 times.



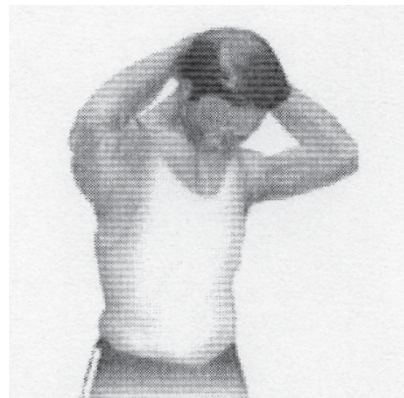
### Shrugs

Stand with your arms by your side. Lift your shoulders up to your ears and hold for one second. Then pull your shoulders back, pinching your shoulder blades together. Hold for one second. Relax your shoulders and repeat 20 times.



### Side Neck Bends

Using your hand, pull your head toward your shoulder until you feel your neck muscles stretch. Hold for 5 seconds. Repeat on the other side and hold for 5 seconds. Repeat 5 times on each side.



### Neck Flexion

Keeping your back straight, pull your head down gently using both hands and hold for 10 seconds. Return to the starting position and repeat 5 times.

### Head Rotations

Sitting or standing, turn your head to the right as far as possible without pain and hold for one second. Turn your head to the left as far as possible and hold for one second. Repeat 20 times both right and left.