

Dr. Vikram Byre, Orthopaedic Surgeon

+91 79818 76068, +91 91338 81819

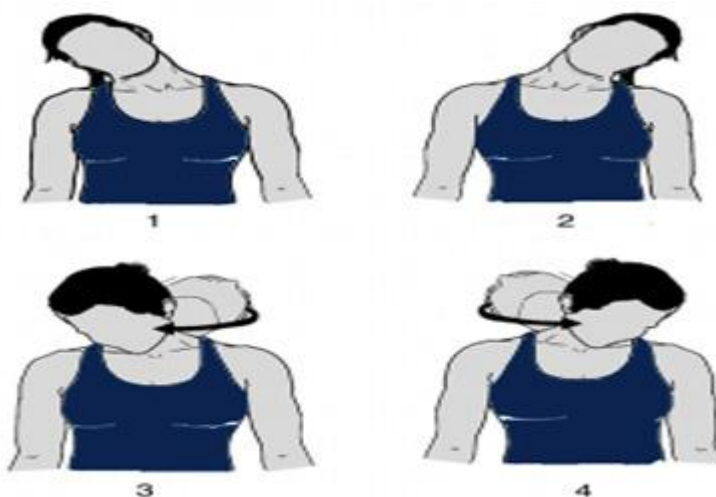
drvikrambyre@gmail.com

NECK PHYSIOTHERAPY

HEAD ROLLS

- Either sit in a seat or stand conveying your weight uniformly on the two feet.
- Delicately twist your head down, bringing your jawline toward your chest.
- Roll your head to one side with the goal that your ear is behind you. Hold this situation for 5 seconds.
- Tenderly roll your head back toward your chest and to one side. Turn your head so your ear is over your left shoulder. Hold for 5 seconds.
- Gradually roll your head back and in a clockwise circle thrice.
- Turn around headings and moderate roll your head in a counterclockwise circle thrice.

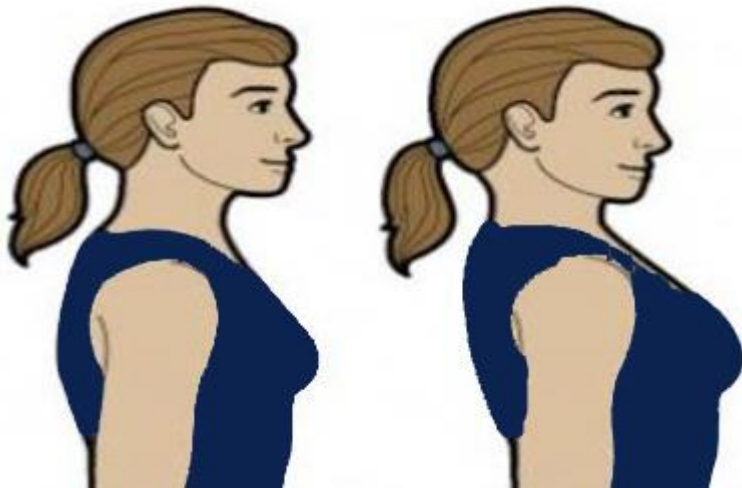
Tip: Do not shrug your shoulders up during this exercise.



NECK RETRACTION

- While lying faceup or sitting down, bring head straight back, keeping your eyes on the horizon.
- Then return to Neutral.
- Repeat 10 times.

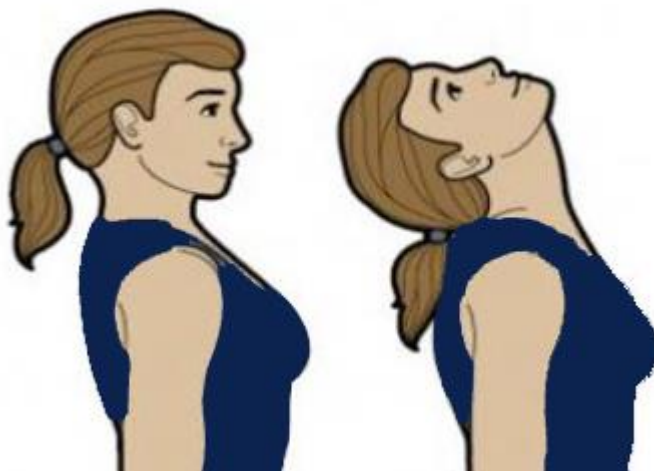
Tip: Do not retract your shoulders.



HEAD DROP

- Starting in a seated position, retract neck (as above).
- Slowly move head up and backward as far as you can comfortably go.
- Return to neutral.
- Repeat 10 times.
- Do this exercise again at the end of each session.

Tip: Do not shrug your shoulders up during this exercise.



SIDE BEND

- Sit down, bring head into neck-retraction position, then gently guide right ear toward right shoulder with right hand.
- Stop when u feel a stretch on left side of neck.
- Return to neutral.
- Repeat 5 times on each side.

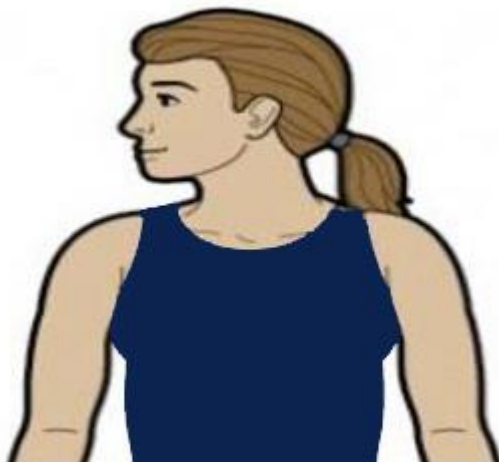
Tip: Do not shrug your shoulders up during this exercise.



Rotation

- While sitting, bring head into neck-retraction position, then gently turn head diagonally to the right so your nose is over your shoulder.
- Return to neutral.
- Repeat 5 times on each direction.

Tip: Do not rotate your upper back



Flexion

- Sitting down, bring head into neck-retraction position.
- Claps hands behind head and gently guide head down, bringing chin toward chest.
- Stop when u feel a stretch in the back of your neck.
- Return to neutral.
- Repeat 5 times.



SHOULDER BLADE PULL

- While sitting, bend raised arms at 90 degree angles.
- Relax shoulders and neck.
- Keeping arms and neck still, squeeze the muscles between shoulder blades, drawing shoulder blades close together.
- Return to neutral.
- Repeat 5 times.

