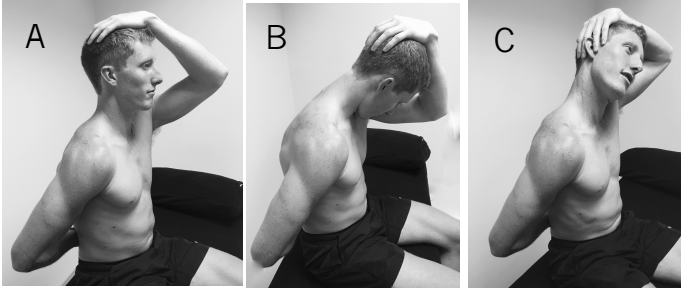


# DO YOU HAVE NECK PAIN?

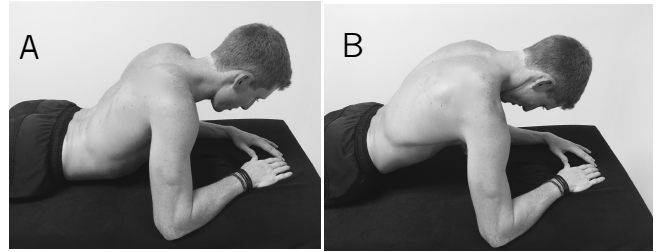


**LEVATOR SCAPULA STRETCH TO SCALENE STRETCH:** Put 1 hand behind your back and the other on the crown of your head. Move your head, so that your nose is pointing towards your armpit. Take a deep breath in and as you breath out pull your head down and relax your shoulder. Then pull your head to the side while keeping one arm behind your back. Hold 30 seconds, 3 times each stretch.



**3) UPPER TRAPEZIUS STRETCH:** Hold above position for 30 secs x 3.

**4) PEC STRETCH:** Hold above position for 30 secs x 3.



**5) SWAN:** Lying on your stomach put your elbows at your side and create a diamond shape with your fingers. Arch your upper back as much as possible and elongate your neck so the middle of your forehead points to the middle of the diamond. Hold this position for 10 seconds 10 times to strengthen your deep neck flexors.



**6) FINGERS TO CEILING:** with your head against the wall (put a towel or pillow behind your head if you feel discomfort), Hold your elbows together and keep them together while trying to lift your elbows as high as possible. Simultaneously, push your head against the wall (creating a double chin).

## CAUSES OF NECK PAIN

A common cause of neck pain is muscle strain or tension. Most often, everyday activities are to blame. Such activities include:

- Bending over a desk for hours
- Having poor posture while watching TV or reading
- Having your computer monitor positioned too high or too low
- Sleeping in an uncomfortable position
- Twisting and turning your neck in a jarring manner while exercising
- Lifting things too quickly or with poor posture

The most common is poor ergonomics of your workspace. Enquire with ALEX REID PHYSIOTHERAPY for an informative pamphlet on how to improve your workstation and prevent the onset of lower back and neck pain.

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