

## 5 EXERCISES FOR HEADACHES AND UPPER NECK PAIN

### 1. Chin tucks



Sit up tall  
Gently draw your chin back, stretching the back of your neck

**Hold 3 seconds R**  
**Repeat 10 times**

### 2. Shoulder Blade setting



Sit up tall.  
Roll shoulders back and down and stretch/rotate forearms out to the side keeping your elbows tucked in gently. Feel your shoulder blades move together and away from your ears.

**Hold 3 seconds**  
**Repeat 10 times**

### 3. Neck Rotation in Sitting



Sit up tall with your chin gently tucked in and shoulders set back and down. Rotate slowly to the left and then to the right.

**Hold for 3 seconds**  
**Repeat 5 times**

#### 4. Yes/No Exercise



**Start propped forearms on your tummy.** Punch shoulder blades apart, and tuck chin in.  
For the no exercise:  
Gently turn your head to the left and then to the right, keeping your chin tucked in. For the yes exercises, poke your chin out and then tuck your chin in like a nodding action.  
**Repeat 10 times in each direction.**  
Alternatives: try on all fours or standing with hands on the wall

#### Alternative: Yes/No in all 4s



Start kneeling on hands and knees. Your shoulders need to be directly over your hands and knees under hips. Push shoulder blades apart and keep your head level with your mid back.  
For the no exercise, slowly turn your head to the left and then right.  
For the yes exercise, poke your chin out and then draw it in. Note that your head doesn't drop down here.

**Do 10 slowly in each direction.**

#### Alternative Yes/No against the wall.



**Use this option if you are very sore. It is great to do in the shower with the warm water on your neck.**  
Place hands on a wall just below shoulder height.  
**For the no exercise:** turn your head slowly side to side. Your nose should draw an imaginary line across the top of your fingers.  
**For the Yes exercise:** Gently nod your head poking your chin up as you look up and then tucking your chin in as you look down. When your chin is in, you will feel the back of your neck is long and a gentle stretch.  
**Do 10 times slowly in each direction**

## 5. Middle back stretch



Use a rolled-up towel and lie on the towel with your knees bent. A pillow can be used for your head.

Keeping your back flat and chin tucked in, slowly stretch your arms over your head.

**Hold for 10 seconds**

**Repeat x5**

Alternatives: do on a chair

### Alternative Mid Back Stretch on Chair



Sit with your bottom at the back of a dining chair. Place the rolled up towel along the centre of your spine.

Lean back against the towel and stretch your arms back to feel a comfortable stretch in the middle of your back and across the front of your chest.

**Hold for 10 seconds**

**Repeat x5**

See <https://www.youtube.com/watch?v=Ssb0ME2dr-U> for a short video on how to perform these exercises.

***\* These exercises are suggestions only and should not replace the exercises your treating physio may have recommended to you. They should not hurt to do. Stop them if they do and ask your physio for further advice on what exercises are more suitable for you.***