

3 EASY HOME EXERCISES FOR A STIFF NECK

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Many of us experience the lingering symptoms from stiff necks - it can affect our day to day functioning, sleep and quality of life! So what's the best thing to do when you notice your neck is starting to feel a little stiff? ➔

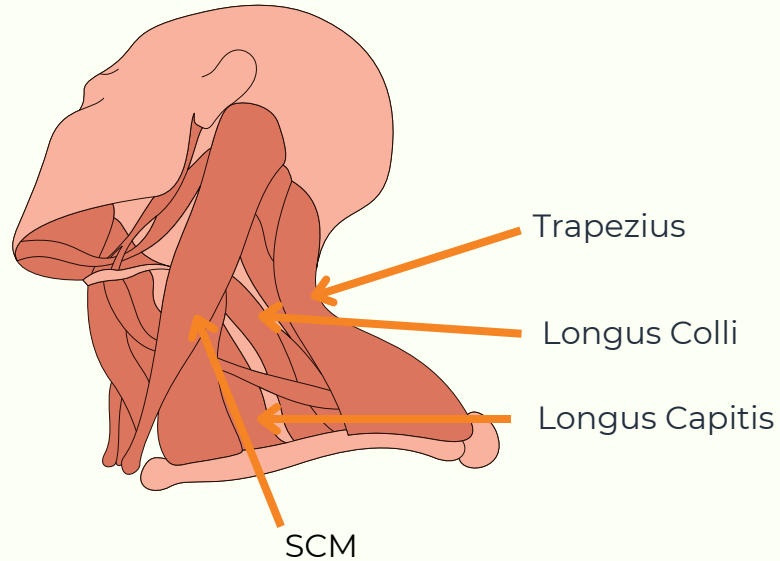


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Learn Anatomy - Some Common Culprits

Sore necks can be caused by a host of issues facing us in modern life -

- Increased screen time (phones, computers ect.)
- Sedentary occupations and lifestyles
- Daily stressors
- Genetics and your anatomy



Research shows that while many of us are tempted to stretch stiff necks or jump straight to passive treatment options, static stretching does little to change the root cause of neck stiffness - weak neck muscles. It's important to incorporate neck strengthening exercises into your routine, this way, our necks adapt and get stronger. Stronger necks means being better able able to handle anything life throws at us day to day!



1 CHIN TUCKS

- This exercise works the muscles deep in your neck that are often weakened when we look down too often.
- Sit up straight in a chair and look directly ahead of you.
- Tuck your chin in without tilting your head down.
- Return your head to the original position.
- Repeat 15 repetitions, 3 different times throughout the day

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2 SCAPULAR SETTING

- This exercise works to teach appropriate muscle posture and open up the front of your shoulders/neck.
- Clasp your hands in front of you.
- Squeeze your shoulder blades back and down towards your spine.
- Hold for 2-3 seconds.
- Repeat 15 repetitions, 3 different times throughout the day

3 CERVICAL ROTATION

- Neck rotation exercises strengthen those muscles that help us turn and look - think talking and driving!
- Stand beside a wall with your chin tucked-in.
- Place your elbow on the wall at ear height and your hand on your cheekbone.
- Without allowing movement, attempt to turn your head (look over shoulder) by pressing into your hand. Hold for 10 seconds.
- Gently relax and repeat 10 times, then repeat on opposite side.



If you are experiencing symptoms beyond stiffness, such as chronic pain, sharp pain, numbness and/or tingling, or worsening symptoms please contact your primary care provider before starting any exercise regimen.



If you're experiencing these issues and want more information, our physiotherapists and chiropractors would love to help. They have helped countless people work through similar situations with great success!

Give us a call to schedule your assessment and find out how we can help you be yourself again.