

Isometric neck exercises involve contracting the neck muscles against resistance without significant movement. These exercises help strengthen and stabilise the neck muscles, which can potentially improve posture, reduce stiffness, enhance stability, and alleviate pain, especially for individuals with neck pain or injuries.

In addition to isometric neck exercises, shoulder shrugs are also effective for addressing neck pain. They strengthen the trapezius muscles and improve posture, which can help relieve tension and pain in the neck and upper back.

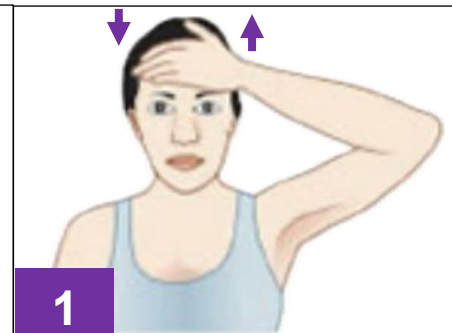
These exercises are simple to perform and do not require any special equipment, making them accessible to anyone looking to incorporate them into their routine. They can be done anywhere, at any time, making them a convenient option for those with busy schedules or limited mobility.

## Some useful exercises

**For all exercises: sit or stand, relax, and keep your back and neck straight.**

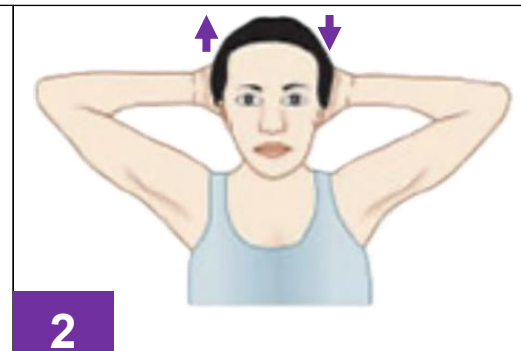
### 1. Isometric Neck Flexion

- Place your palm on your forehead and gently push your forehead against your hand, resisting the flexion of your neck while keeping your head still.
- You should feel the muscles of the front and side of your neck contracting.
- Hold the contraction for 10 seconds, then relax.



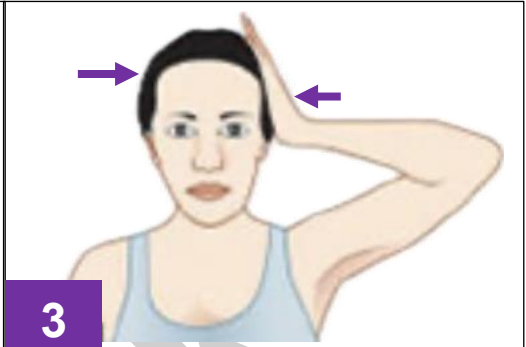
### 2. Isometric Neck Extension

- Place your hands behind your head, interlacing your fingers.
- Gently push your head backwards against your hands, resisting with your head and neck muscles.
- Hold the contraction for 10 seconds, then relax.
- Repeat 5 times and at least twice daily.



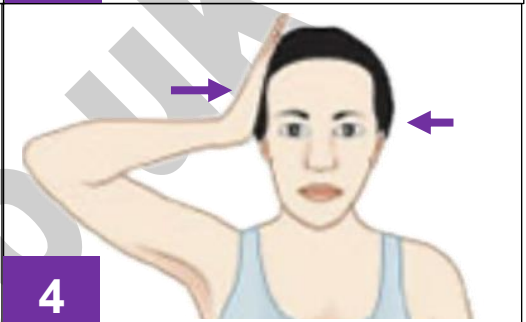
### 3. Isometric neck side bending

- Place your hand on the left side of your head, above your ear.
- Gently push your head towards left side, resisting with your left hand.
- Hold the contraction for 10 seconds, then relax.
- Repeat 5 times and at least twice daily.



### 4. Isometric neck side bending

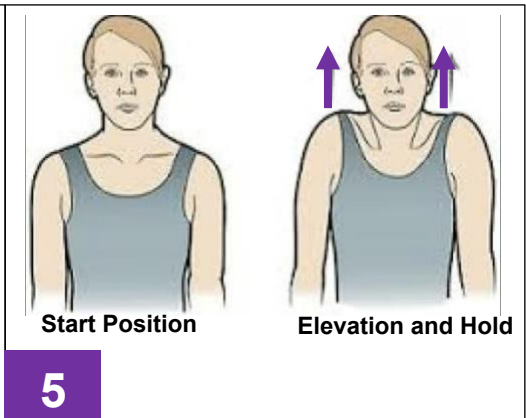
- Place your hand on the right side of your head, above your ear.
- Gently push your head towards the right, resisting with your right hand.
- Hold the contraction for 10 seconds, then relax.
- Repeat 5 times and at least twice daily.



### 5. Shoulder shrug

- **Start Position:** Sit or stand, shoulder-width apart, arms relaxed at your sides, and your back straight.
- **Shoulder Elevation:** Gently lift your shoulders up towards your ears as high as you comfortably can, squeezing the shoulder blades together.
- **Hold:** Pause for a few seconds at the top of the movement.
- **Lower:** Slowly lower your shoulders back down to the starting position.

Repeat this movement 10 times and at least twice daily.



### Important Considerations:

**Start slowly:** Begin with a few repetitions and gradually increase as your neck muscles get stronger.

**Breathe normally:** Don't hold your breath during the exercises.

**Listen to your body:** If you experience any pain, stop the exercise.

**Consistency is the key:** Incorporate these exercises into your routine for best results.

**Repeat those exercises 2-3 times a day.** If your pain persists, please contact us at <https://paincure.co.uk> for further assistance.

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