

Neck and Upper Back Exercises - Level 3

Patient Information

Musculoskeletal (MSK) Physiotherapy Services



The Patient Information Leaflets page on the Trust website is available on the link:
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Disclaimer

Not all exercises are suitable for everyone and while every precaution was taken in selecting these exercises, they do not come without risks. If you have any concerns regarding injury, or whether or not you should partake in the exercises, then you should consult your General Practitioner (GP) or Physiotherapist prior to commencing any exercises shown here.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and doesn't have an overall negative effect on your symptoms.

The exercise plans shown here are designed to be used as a guide and a point of reference, they are not exhaustive and can be modified and progressed under the supervision of your physiotherapist.

Instructions

Aim to do the exercise plan 3 to 4 times per week, with at least 1 day off in between to allow for recovery.

Each exercise is repeated a number of times (for example, 5 or 10 times) to build up strength and flexibility. The repetitions make a 'set'.

The number of repetitions is a guide and can be increased or decreased according to pain levels. If the exercise causes pain that lasts for more than 2 hours after finishing the exercise, then decrease the repetitions.

Complete each exercise slowly and in a controlled manner, you should take your time and not rush. Take 30 seconds rest in between each set.

Contact the Physio department if you find the exercises are making your pain worse overall.

Contact Information

Leigh Health Centre

Telephone: 0300 707 1597
wwl-tr.leighphysio@nhs.net

Platt Bridge Health Centre

Telephone: 0300 707 1772
wwl-tr.mskphysio-bostonhouse@nhs.net

Wigan Health Centre, Boston House

Telephone: 0300 707 1113
Wwl-tr.mskphysio-bostonhouse@nhs.net

Therapy Department- Wrightington Hospital

Telephone: 01257 256305
Wwl-tr.therapyadmin@nhs.net

Neck and Upper Back Level 3 – Exercises 1 to 8



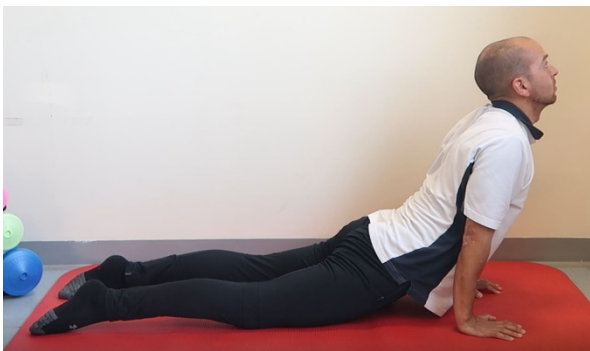
1. Childs pose

Adopt a crawling position.

Let your arms slide along the floor as far as possible. Push your bottom back and down and the chest towards the floor.

Breathe out while doing the exercise.
Hold for 10 seconds.

Repeat 5 times.
Sets 3



2. Cobra/Prone Extensions

Lie face down, leaning on your elbows/forearms, or your hands if possible.

Arch the small of your back by pressing your pelvis and stomach to the floor. Now bend your upper back upwards, keeping hands/forearms on the floor.

Hold approx. 10 secs.
Repetitions 5.
Sets 3.



3. Prone "W"

Lie face down. A rolled-up towel can be placed under your forehead for comfort. Take your arms out to a 90 degree angle, bend your elbows with thumbs pointing inwards.

Tighten the muscles between your shoulder blades and lift your arms. Do not lift your elbows above your body.

Hold 5 seconds.
Repeat 5 times.
Sets 3.



4. Prone “Y”

Lie on your stomach. A rolled-up towel can be placed under your forehead for comfort. Your arms should be over your head in a Y-position (approximately 135 degrees to the side).

Lift your arms up and squeeze your shoulder blades in (towards your spine) and down (towards your buttocks) and hold for 5 seconds.

Repeat 5 times.
Sets 3.



5. Forearm Plank

Lie face down. Support your body weight on your forearms and toes. If it is too challenging then this can be done on your knees, rather than toes, but still try to keep your back straight and your knees as far back as possible if you do.

Tighten your stomach muscles and keep your neck and back straight.

Hold for as long as possible.
Repeat 5 times.



6. Side Plank – Kneeling

Lie on your side with your knees bent. Support your body weight on your forearm and knee.

Tighten your stomach muscles and keep your neck and back straight.

Hold for as long as possible.
Repeat 5 times.



7. Neck Curls

Lying on your back with your knees bent. Bend your chin towards your chest and lift your head.

Lower your head while keeping your chin as close as possible to your chest.

Repeat 10 times.
Sets 3.



8. Weighted Shrugs

Stand or sit holding a weight of some sort in your hands. The weight could be a bag weighted with household objects.

The weight should be heavy enough to provide resistance, but not too heavy that you struggle to lift it.

Pull your shoulders up towards your ears and raise the weight up towards your chin.

Hold for approx. 1 – 2 secs. Lower your shoulders and arms.

Repeat 10 times.
Sets 3.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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