

Cervical Strain Exercises

Exercises:

- **Neck Glides:** Keeping your chin parallel to the ground. Slide your head backwards and hold for 3 seconds. Return to the starting position and repeat 10 times.
- **Shrugs:** Stand with your arms by your side. Lift your shoulders up to your ears and hold for 1 second. Then pull your shoulders back pinching your shoulder blades together. Hold for 1 second. [Relax](#) your shoulders and repeat 20 times.
- **Side Bends:** Pull your head (using your hand) towards your shoulder until you feel your neck muscles [stretch](#). Hold for 5 seconds. Repeat on the other side and hold for 5 seconds. Repeat 5 times on each side.
- **Forward Flexion:** Keeping your back straight, pull your head down gently (using both hands) and hold for 10 seconds. Return to the starting position and repeat 5 times.
- **Head Rotations:** Sitting or standing, turn your head to the right as far as possible without pain and hold for 1 second. Turn your head to the left as far as possible. Hold for 1 second. Repeat 20 times both right and left.