

# WE CARE SPORTS INJURY CLINIC

## Neck exercises

### 1. Shoulder shrugs

Elevate your shoulders.

Hold the position for 10 sec.

Relax.

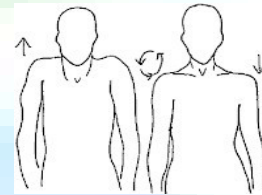
Repeat it 10 times twice a day.



### 2. Back rotation

Rotate your shoulders backwards.

Repeat it 10 times twice a day.



### 3. Scapular squeeze

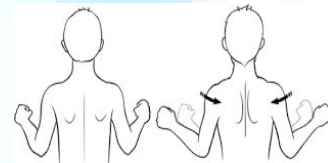
Hold both your arms in 90° position.

Squeeze in the shoulder blades inwards.

Hold the position for 10 sec.

Relax.

Repeat it 10 times twice a day.



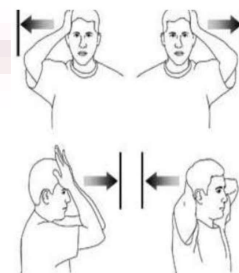
### 4. Neck isometrics

Place your hand over left/ right/ front/ back side of your head. Push your head towards the hand that resists movement.

Hold the position for 10 sec.

Relax.

Repeat it 10 times twice a day.



**Isometric Neck Exercises**

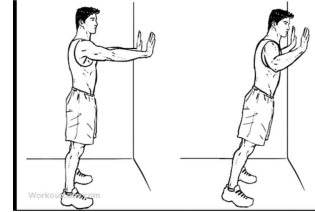
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### 5. Wall push-ups

Place both your hands on wall shoulder width apart.

Move your body towards the wall and back.

Repeat it 10 times twice a day.



### 6. Traps stretch

Hold your head with one hand and pull sideways.

Hold it for 10 sec.

Relax.

Repeat it 5 times twice a day.



### 7. Pectoral stretch

Place both your hands up to forearm on the wall and move forward.

Hold for 10 sec.

Relax.

Repeat it 5 times twice a day.

