NECK PAIN

Information Sheet

CBI HEALTH CENTRE
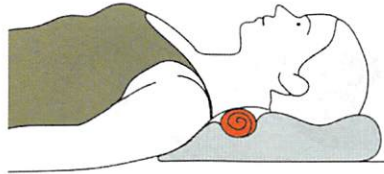
The rest positions and exercise outlined in this handout can be used to reduce your pain.
Your therapy team will check the boxes next to each recommendation for your diagnosis and treatment.
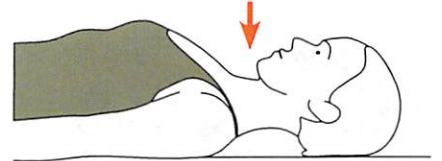
PATTERN 1

☐ **STAIRCASE OF PILLOWS**
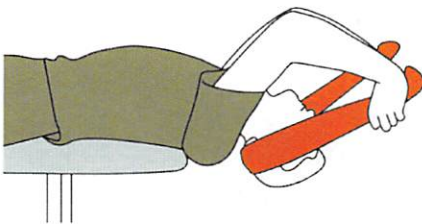Use ___ pillow(s) with a cervical roll for support at rest and during sleep. Rest for ___ minutes every ___ hour(s).

☐ **CHIN TUCK**
Draw your chin backwards and flatten your neck. Hold for ___ seconds. Repeat ___ times every ___ hour(s).

☐ **RETRACT-EXTENSION**
Support head with towel. Draw chin backwards. Tilt head backwards. Hold for ___ seconds. Repeat ___ times every ___ hour(s).

☐ **CHIN TUCK**
Draw your chin backwards. Hold for ___ seconds. Repeat ___ times every ___ hour(s).

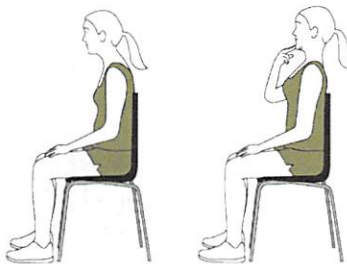☐ **RETRACT-EXTENSION**
Support head with towel. Draw chin backwards. Tilt head backwards. Hold for ___ seconds. Repeat ___ times every ___ hour(s).

PATTERN 2

☐ **NECK FLEXION**
Bring your chin towards your chest while keeping your shoulders relaxed. Hold for ___ seconds. Repeat ___ times every ___ hour(s).
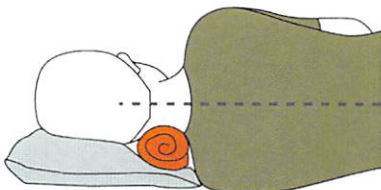
NOTES:

PATTERN 3

☐ **SIDE LYING WITH NECK ROLL**
Position to minimize your arm pain. Rest for ___ minutes every ___ hour(s). May also be used as sleep posture. May also be used as sleep posture.

☐ **SUPINE LYING WITH NECK ROLL**
Position to minimize your arm pain. Rest for ___ minutes every ___ hour(s). May also be used as sleep posture. May also be used as sleep posture.

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HEADACHE

☐ STAIRCASE OF PILLOWS

Use ___ pillow(s) with a cervical roll for support at rest and during sleep. Rest for ___ minutes every ___ hour(s).

☐ NODS

Tilt your chin towards your chest (like you are nodding yes) and hold for ___ seconds. Repeat ___ times every ___ hour(s).
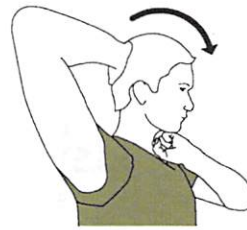
☐ NODS

Tilt your chin towards your chest (like you are motioning yes) and hold for ___ seconds. Repeat ___ times every ___ hour(s).

☐ SELF-TRACTION

Make a fist and place it between your chest and chin (thumbside facing downwards.) With your other hand, gently pull your head forward over your fist. Hold for ___ seconds. Repeat ___ times every ___ hour(s).

SITTING POSTURE

PATTERN 1 - 3

☐ SITTING LUMBAR ROLL

In a straight back chair use a lumbar roll to support the curve of the low back. Align your ears with your shoulders.

NOTES: