



What is Neck Pain?

Neck pain is one of the most common injury to adults in Australia, impacting 1 in 5 people at any moment. It can come from poor posture, prolonged desk work, stress and sleeping positions. Although it can be the most limiting, most neck pain improves on its own with the right advise, movement and strengthening exercises.

What can and should you do?

Keep Your Neck Moving

Gentle pain free movement can help ease symptoms and get relief. Although frequently very limited towards the start of the day, regularly moving the neck within pain free range. Try to avoid staying very still unless specifically advised by a health professional.

Changing Positions Regularly

If you spend long periods of time sitting at a desk, using a laptop or a phone or driving, the goal is to break up the activity and regularly change positions. Your goal is to reposition as often as every 30-60 minutes, or take a quick 2 minute break.

Stay Strong

Muscles around your neck help support it in a good position. Frequently with neck pain this become hyper protective. Improving strength of these muscles can greatly improve pain, improve long term function, and reduce the likelihood of reoccurrence. Complete the exercises every 60 mins or so when pain free!

Simple Exercises to start improving your pain !

Chin Tucks

Laying down on a pillow or leaning your back and head against a wall. Slowly tuck your chin as far as possible pain free without lifting head off the wall or pillow. Hold for 10 seconds and release. Complete 10 x 10 second holds



Shoulder Shrugs

Standing or sitting in a comfortable position. Slowly lift both shoulders towards your ears. Hold for 5 seconds, and the slowly lower. Complete 10 x 5 second holds

Need more help?

You should look to review with a GP or a physiotherapist if symptoms have not improved after a week or if its impacting your day to day life.

Please stop the exercises immediately if painful and see your GP.

