Neck pain / cervical spine — Exercises at home

Use gentle movement and posture awareness without provoking dizziness or nerve symptoms.

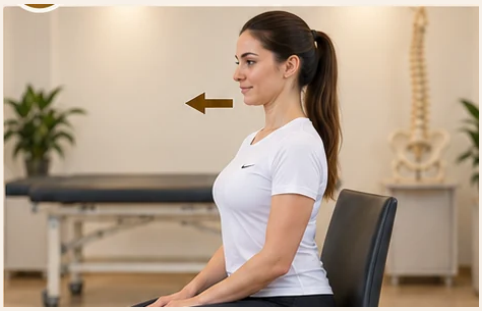

Photo: Example for this body region. Always follow the instructions for each individual exercise; the photograph does not show every exercise.

Before you begin: These are general movements. Your doctor or physiotherapist should confirm suitability, especially after surgery, with new symptoms or in children.

01 Chin tuck

Sit tall and glide the chin slightly backwards without tilting the head down.

Starting amount: 6–10 ×

02 Gentle neck rotation

Turn the head slowly right and left without pushing into pain or dizziness.

Starting amount: 6–10 ×

03 Gentle neck side bend

Tilt the ear gently towards the shoulder, keeping the shoulder down. Do not pull firmly on the head.

Starting amount: 6–10 ×

04 Gentle shoulder-blade retraction

Relax the shoulders, draw shoulder blades gently backwards and release.

Starting amount: 6–10 ×

Safety & when to stop

Stop if you feel dizzy or develop visual symptoms, radiating arm pain, new tingling or weakness. Avoid forceful neck stretching.

These exercises do not replace your personal medical assessment or prescribed rehabilitation protocol.