acupuncture · wellness

Neck Home Exercises

9 exercises to help ease neck pain

NK-Phase1

Move slowly within a pain-free range and breathe naturally.

Precautions

- Stop exercising and consult a professional if pain increases, or if you feel dizziness or headache.
- Avoid overexertion and move slowly.
- If you have a medical condition or have had surgery, consult your doctor or therapist before exercising.

How often

- Follow the reps and hold times on each card.
- Do the routine 1–2 times a day, every day.



1 Neck Stretch (Front & Back)

1. Slowly lower your head forward.
2. Then slowly tilt it back.

10 reps · each way



2 Neck Rotation

1. Slowly turn your head to the right.
2. Then turn it to the left.

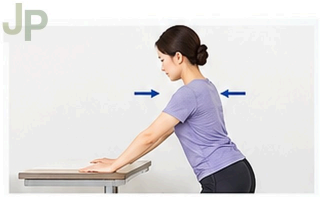
15 sec · each side



3 Side Neck Stretch

1. Slowly tilt your head toward your right shoulder.
2. Hold 3 seconds, then repeat on the other side.

5–10 reps · each side



4 Upper Back Strengthening

1. Place both hands on a table and lean forward.
2. Squeeze your shoulder blades back and straighten your back.
3. Hold 5 seconds, then slowly relax.

10 reps · 2–3 sets



5 Shoulder Rolls

1. Slowly roll your shoulders forward 10 times.
2. Then roll them backward 10 times.

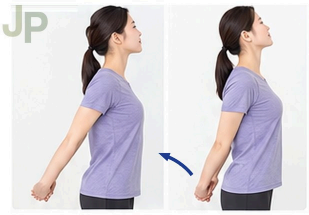
10 reps · each direction



6 Chin Tuck

1. Pull your chin back to make a double chin.
2. Hold for 5 seconds.

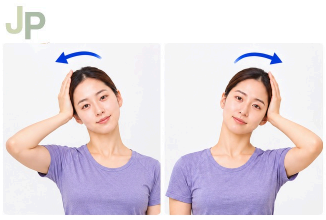
5-sec hold · 10–15 reps



7 Chest Opener Stretch

1. Clasp your hands behind your back.
2. Stretch your arms back to open your chest.

15–30 sec



8 Neck Side Strengthening

1. Press one hand against the side of your head.
2. Gently push your head against your hand and hold for 5 seconds.

5-sec hold · 10 each side



9 Upper Trapezius Stretch

1. Place one hand over the top of your head.
2. Gently pull your head to the opposite side.

15–30 sec · each side

Get medical care right away if you notice:

- Neck pain with numbness, tingling, or weakness in the arms or hands that keeps getting worse
- Neck pain after a fall, car accident, or other injury
- Sudden severe headache, dizziness, or trouble with vision or speech — call 911
- Neck stiffness with fever

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These are simple, comfortable exercises for everyday home use, based on materials from respected medical organizations. For exercises tailored to your symptoms, talk with your healthcare provider. This material does not replace an individual medical evaluation.

Sources: JOSPT Neck Pain Clinical Practice Guideline (2017); AAOS OrthoInfo – Spine Conditioning Program. These organizations have not reviewed or endorsed this material. Illustrations created with AI.