Neck Exercises


2. Slowly Drop Head Backward And You Will Feel The Stretch Of Your Front Neck Muscles.


4. Tilt Your Head To One Side. This Is To Stretch The Muscles On The Side Of Your Neck.

5. Press Forehead To Palm. Resist Forward Motion.


7. Turn Head To One Side, Resist Side Motion With Your Hand.

8. Tilt Head To Other Side, Resist Motion With Hand.

Tips For Back Pain Cases

Don’t Try Tightening The Lower Back

Use a Solid Mattress to Sleep

Support Your Back When You Sit

Sit on a Chair With Armrests

Carry Things in a Proper Manner (as Close As Possible To Your Body With Your Knees Bent)

Exercises for:
Back Pains
Neck Pains
Shoulders Pains

Achilles Medical
Zeina Complex-the Third Floor
As Opposed To Jordan Hospital
Tel.: +962 6 5689631
Mob.: +962 79 6261608
E-mail: achilles_painclinic@hotmail.com

Facebook: Achilles Medical
https://www.facebook.com/AchillesMedical1
**Shoulders Exercises**

**First Exercise**

Starting Position:
While on your hands and knees, keep your knees directly under your hips, your hands under your shoulders, keep abdominal muscles firm, keep your neck relaxed and in its normal position, that is, with your ears in line with your shoulders.

- 1. Drop your head down and press your back upwards by tightening your abdominal and buttocks muscles. Don’t sit back on your hips. **ACTION** - stretch back and abdominal muscles and help maintain lower back curve.
- 2. Relax your stomach and buttocks muscles and allow your back to sag. Hold for 3 to 5 seconds. **ACTION** - stretch back and abdominal muscles.

**Second Exercise**

Starting Position:
Lie on your back with one leg bent and the foot flat on the floor. Extend the opposite leg straight out. Relax and allow your back to feel the floor.

- 1. With knee bent, pull it to your chest, keeping the opposite leg straight, press your knee and lower back to the floor. **ACTION** - buttocks muscles, back muscles, and stretch hip.
- 2. Press your lower back against the floor, raise the straight leg until it is level with the bent knee. **ACTION** - stretch your shoulders, upper back muscles and joints.

**Third Exercise**

- 1. Tighten your abdomen and buttocks. Press your lower back onto the floor. **ACTION** - stretches and strengthens stomach and back muscles.
- 2. Turn both knees to one side while rotating your head to the opposite side. **ACTION** - stretches lower back, mid back, muscles, and joints.
- 3. Pull both knees to your chest. **ACTION** - stretches lower back, buttocks and abdominal muscles.
- 4. Slowly raise hips upward. Keep a straight line from the knees to the shoulders. Do not arch your back. **ACTION** - stretches buttocks and stretches upper leg muscles.

**Fourth Exercise**

Starting Position:
- Lie on your stomach, raise one leg off the floor, while keeping the knee straight. **ACTION** - strengthens lower back, abdominal and leg muscles, stretches hamstrings and quadriceps.
- 3. Lie on your stomach, raise one leg off the floor, while keeping the knee straight. **ACTION** - strengthens lower back, abdominal and leg muscles, stretches hamstrings and quadriceps.

**First Exercise**

Use a yardstick, mop handle, or cane as your tool. Hold the stick with hands shoulder-distance apart, palms up. Raise the stick as high as possible. Hold it for 3 to 5 seconds. Slowly lower your arms to the starting position. Repeat...
**Do:** Stand tall. Keeping your shoulders back and down. Keep your arms straight and go through the motion slowly and smoothly.
**Do not:** Lock your elbows or your knees. Do not raise your arms so high that you cannot see the stick. Do not arch your back when you raise your arms.

**Second Exercise**

Hold a stick behind you with hands shoulder-distance apart, palms up. Raise the stick as high as possible. Hold for 3 to 5 seconds. Slowly lower your arms to the starting position. Repeat...
**Do:** Stand tall. Keeping your shoulders back and down. Keep your arms straight and go through the motion slowly and smoothly.
**Do not:** Lock your elbows or your knees. Do not arch your back.

**Third Exercise**

Hold a stick long-ways behind your back with one hand. Your elbow should be pointing up, your hand behind your head. With your other hand, grab the bottom of the stick behind you at your waist. Straighten your overhead arm and let your lower arm slide up as far as possible. Hold for 3 to 5 seconds. Slowly return to the starting Position. Repeat and switch sides.
**Do:** Keep your overhead elbow close to your head, pointing forward, not out to the side.
**Do not:** Let the stick slide through your hands. Do not arch your back.

**Fourth Exercise**

Hold a stick with hands placed side, palms down. Use one arm to push the stick and other arm out to the side and up as high as possible. Hold for 3 to 5 seconds. Slowly lower your arms to the starting position. Repeat and switch sides.
**Do:** Stand tall. Keeping your shoulders back and down.
**Do not:** Lock your elbows or your knees. Do not use momentum to swing your arm up and down.

**Second Exercise**

Lean forward and place your forearm on a table for support. Let your other arm hang down at your side. Slowly begin to move it in a circle, then reverse the direction. Next, gently swing your arm backward and forward. Last, move it side to side.
**Do:** Move smoothly through the motion.
**Do not:** Round your back or lock your knees.

**Third Exercise**

Hold a stick behind you with hands shoulder-distance apart, palms up. Bend your elbows and slide the stick up your back as high as possible. Hold for 3 to 5 seconds. Slowly lower your arms to the starting position. Repeat...
**Do:** Stand tall. Keeping your shoulders back and down.
**Do not:** Bend forward from your waist when you lift your arms.

**Fourth Exercise**

Stand in a corner or doorway with both hands on the wall above your head. Slowly lean forward. Stop when you feel a stretch in the front of your shoulder. Hold for 30 seconds. Repeat...
**Do:** Keep your chest open and press your shoulder blades together.
**Do not:** Bring your stomach forward or arch your back.