

# Neck Exercises


1- Drop Head Forward, Slowly. You Will Feel The Stretch Of Your Neck Muscles.



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



3- Slowly Turn Your Head From Side To Side. Feel The Stretch Of The Muscles On The Side Of Your Neck. Do Not Strain.




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.



6- Clasp Hands Behind Head, Press Your Head Back. Resist Motion.



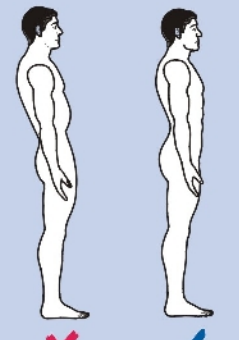
7- Turn Head To One Side, Resist Side Motion With Your Hand.



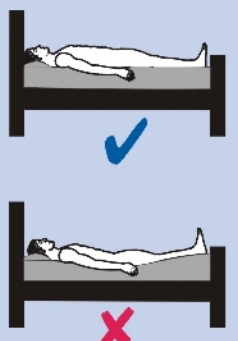
8- Tilt Head To Other Side, Resist Motion With Hand.



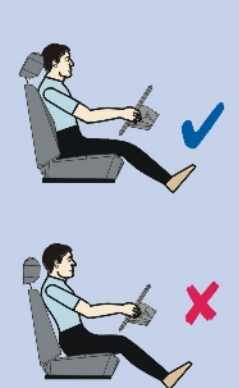
# Tips For Back Pain Cases



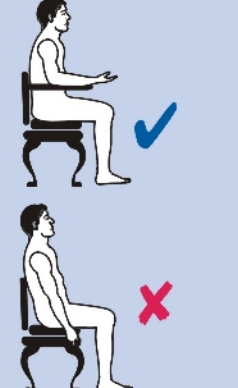
Don't Try Tightening The Lower Back



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



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**- Starting Position**  
Bend knees, lie on back, take a deep breath, place your hands on your thighs and relax.



**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.



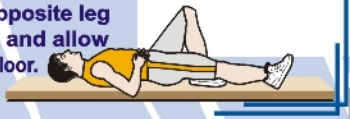
**4- Slowly raise hips upward.** Keep a straight line from the knees to the shoulders. Do not arch your back. **ACTION** - stretches buttocks and stretches upper leg muscles.



**5- Cross your arms, tuck your chin in, tighten abdomen, and curl halfway up.** Use hands behind head for support only. (Do not pull). **ACTION** -strengthens abdominal muscles.



**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.



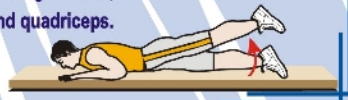
**1- With knee bent, pull it to your chest, keeping the opposite leg straight, press your knee and lower back to the floor.** **ACTION**-buttocks muscles, back muscles and stretches hip.



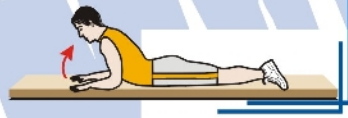
**2- Press your lower back against the floor, raise the straight leg Until it is level with the bent knee.** **ACTION** strengthens and stretches quadricep muscles, hamstring Muscles and stretches hip joints.



**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.



**4- Keep your neck in a normal position, push yourself up on your forearms.** Keep hips and abdomen against floor. **ACTION** - strengthens posterior back muscles, attains normal low back curve.



### Third Exercise

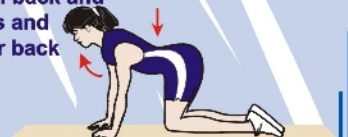
**Starting Position :**  
While on your hands and knees, Keep your knees directly under your hips, your hands under your shoulders, keep abdominal muscles firm, keep your neck relaxed and in its normal position, that is, with your ears in line with your shoulders.



**1- Drop your head down and press Your back upwards by tightening Your abdominal and buttocks muscles.** **ACTION**-to strengthen abdominal and buttocks muscles and to stretch your lower and mid back.



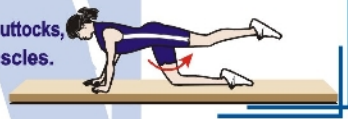
**2- Relax your stomach and buttocks muscles and allow your back to sag.** Don't sit back on your hips. **ACTION** - to stretch back and abdominal muscles and help maintain lower back curve.



**3- Stretch one arm straight out in front of you while maintaining your back and head position while keeping support arm straight.** **ACTION** - strengthens and stretches your shoulder, upper back muscles and joints.



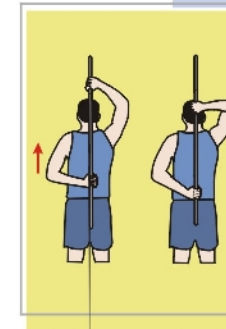
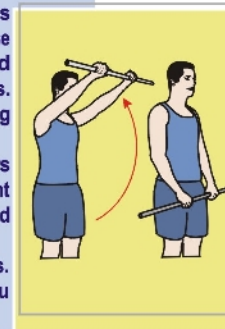
**4- Extend your straight leg behind You while holding it parallel to the Floor.** Maintain your normal back and neck position. **ACTION** - strengthens buttocks, abdomen and leg muscles.



### Fourth Exercise

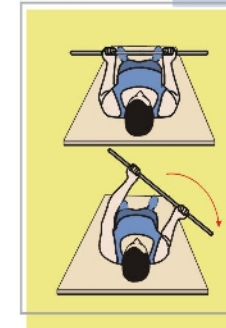
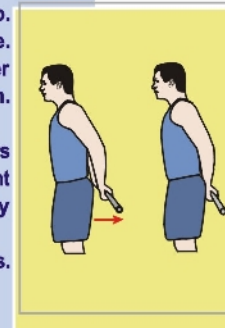
## Shoulders Exercises

Use a yardstick, mop handle, or cane as your tool. Hold the stick with hands shoulder-distance apart, palms down. Raise the stick as high over your head 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.



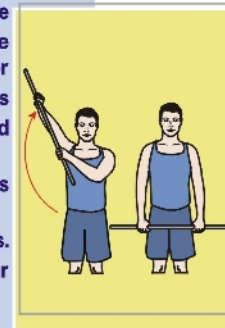
Hold a stick long-ways behind your back with one hand. Your elbow should be pointing up, your hand behind your head. With your other hand, grab the bottom of the stick behind you at Your waist. Straighten your overhead arm and let Your lower arm slide up as far as possible. Hold For 3 to 5 seconds. Slowly 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.

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.



Lie on your back and hold a stick in both Hands, palms up. Press your elbows into the floor and bend your arms at a 90 degree angle. Raise one arm and use the stick to push your other arm away from your body, toward the floor. Hold for 3 to 5 seconds. Slowly return to the . Starting position. Repeat and switch sides. **Do:** Keep the elbow of the arm being Pushed Close to your side. **Do not:** Let the hand being pushed down Come toward your shoulder.

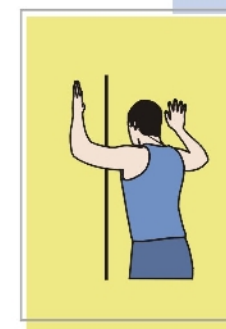
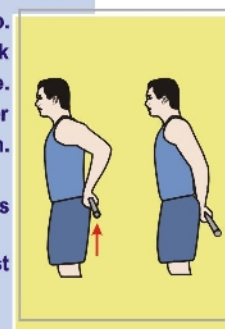
Hold a stick with hands placed wide, Palms down. Use one arm to push the stick and other arm out to the side and up as high as possible. Hold for 3 to 5 seconds. Slowly lower your arms to the starting position. Repeat and switch sides.  
**Do:** Stand tall, Keeping your shoulders back and down.  
**Do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



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.

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.



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.