

Exercise plan :  
**Acute Neck Pain Protocol**  
+ Advice

Patient:  
**BHCC Patient**

Date:  
**19th Nov 2024**

Practitioner:  
**Max Atkinson**

Dear BHCC, please start the following exercise program. Please STOP any exercise that causes significant pain. Use an ice pack for 10 minutes over the problem area if there is any discomfort after exercising (do not use heat). Do not perform these exercises within 20 minutes of getting up or going to bed. If you have any questions with an exercise, just email us on: [enquiries@chiropractic-clinic.com](mailto:enquiries@chiropractic-clinic.com). Good luck and keep going! This protocol will be periodically reviewed by your Chiropractor. Kind Regards, Max Atkinson DC MRCC & Associates, Bradford House Chiropractic & Wellness Centre. Find us at: [www.chiropractic-clinic.com](http://www.chiropractic-clinic.com)

### Neck Semi-Circles



Circle your neck to one side, and then the other side. Move your neck in a semi-circle direction. Don't worry if you get some crunching or scrunching in the neck, this is normal. You can use this exercise to get your neck more mobile.

**Repeat 10 times, Perform 3 times daily, Both sides**

Video: <http://youtu.be/8QCjZMdclpc>

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### Neck Flexion



Tuck your chin in and then roll your head forwards. You should feel a gentle stretch at the back of your neck. Return to the start position.

**Hold for 5 secs, Repeat 5 times, Perform 3 times daily**

Video: <http://youtu.be/NZHdC0aeJls>

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## Neck Rotation



Sit or stand upright with good posture. Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder and back relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

**Repeat 10 times, Perform 3 times daily**

Video: [http://youtu.be/UbHEH6t\\_OJQ](http://youtu.be/UbHEH6t_OJQ)



## Ice to your Neck (Sitting)

Place an ice bag or pack of frozen peas over your neck. Keep good posture. Make sure you wrap it in a towel so its not too cold. This exercise can help to reduce inflammation and pain in your neck.

**Hold for 10 mins, Perform 3 times daily**

Video: <http://youtu.be/52pRux9kyss>

## Advice Sheets

Please click on the attachment below for the advice sheet  
[- Neck Pain.pdf](#)

# Exercise Diary:



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## Neck Semi-Circles

19. Nov (Week 1)							26. Nov (Week 2)							03. Dec (Week 3)							10. Dec (Week 4)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
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17. Dec (Week 5)							24. Dec (Week 6)							31. Dec (Week 7)							07. Jan (Week 8)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
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## Neck Flexion

19. Nov (Week 1)							26. Nov (Week 2)							03. Dec (Week 3)							10. Dec (Week 4)						
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## Neck Rotation

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## Ice to your Neck (Sitting)

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