

How can I help prevent neck spasms?

Know what you can do about the common causes of neck spasm: overuse, stress, and poor posture. For example, use good posture at your computer termi-

nal, take frequent breaks, and do stretching exercises. When you first feel tightness or pain in your neck, start the treatment that has helped you the most. Treating early, mild symptoms right away can often stop the symptoms from becoming worse.

Neck Spasm Rehabilitation Exercises

You may do these exercises right away.

1. NECK FLEXION

FORWARD: Clasp your hands behind your head and let the weight of your arms pull your chin to your chest. Relax. Hold for a count of 15. Do this 3 times.

RIGHT: Turn your head to the right and clasp your hands behind your head. Let the weight of your arms pull your chin to the right side of your chest. Relax. Hold for a count of 15. Do this 3 times.

LEFT: Turn your head to the left and clasp your hands behind your head. Let the weight of your arms pull your chin to the left side of your chest. Relax. Hold for a count of 15. Do this 3 times.



Forward



Right



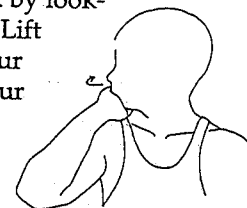
Left

2. UPPER TRAPEZIUS STRETCH: The upper trapezius muscle connects your shoulder to your head. Sitting in an upright position, put your right arm behind your back and gently grasp the right side of your head with your left hand to help tilt your head toward the left. You will feel a gentle stretch on your right side. Hold for 15 to 30 seconds. Repeat 3 times on each side.

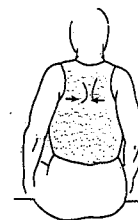
**3. NECK ROTATION**

RIGHT SIDE: Rotate your neck by looking over your right shoulder. Lift your right hand and place your palm on the left side of your chin. Push your chin with your palm toward your right shoulder. Hold for a count of 10. Do this 3 times.

LEFT SIDE: Rotate your neck by looking over your left shoulder. Lift your left hand and place your palm on the right side of your chin. Push your chin with your palm toward your left shoulder. Hold for a count of 10. Do this 3 times.



4. SCAPULAR SQUEEZES: While sitting or standing with your arms by your sides, squeeze your shoulder blades together and hold for 5 seconds. Do 3 sets of 10.



5. THORACIC EXTENSION: While sitting in a chair, clasp both arms behind your head. Gently arch backward and look up toward the ceiling. Repeat 10 times. Do this several times per day.

