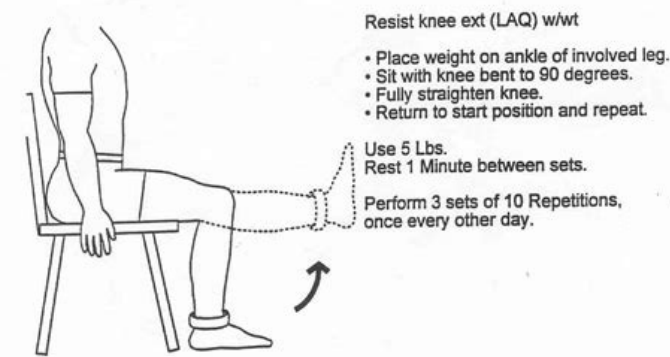
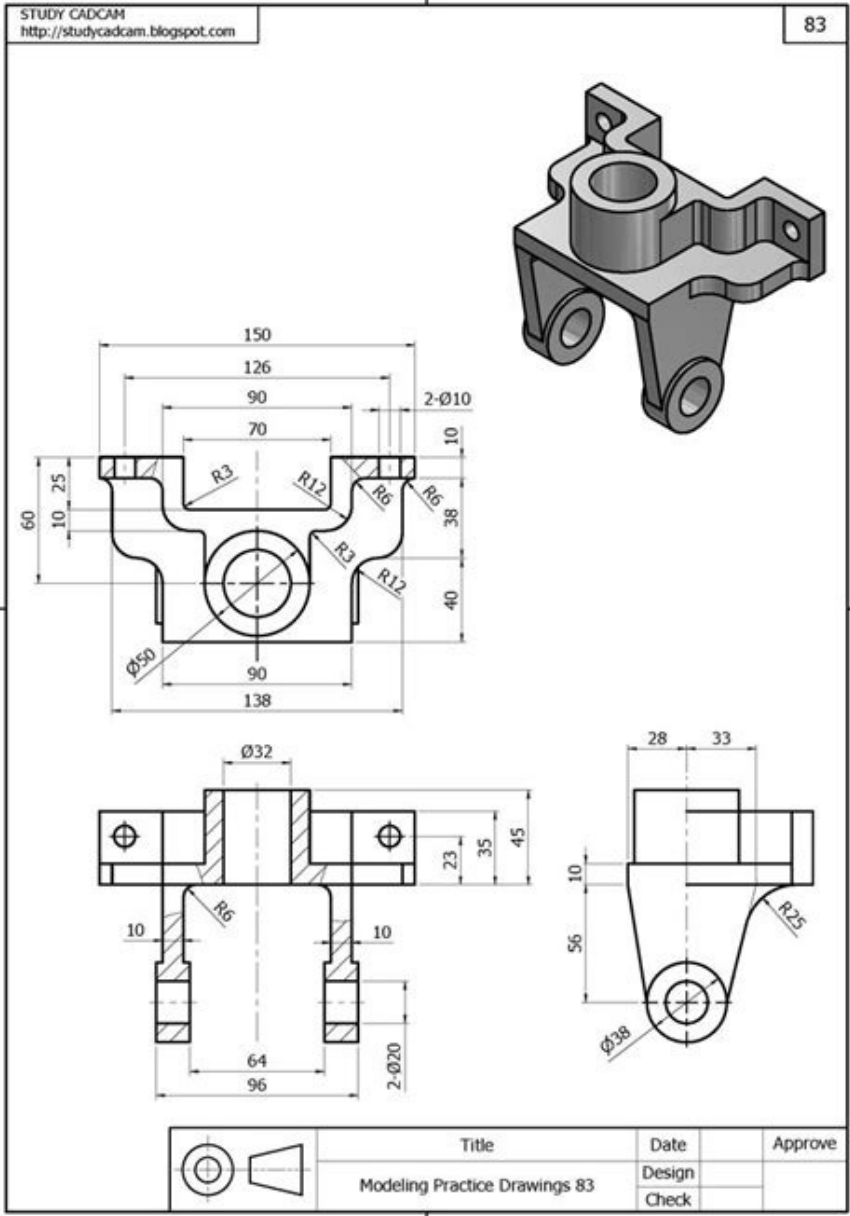
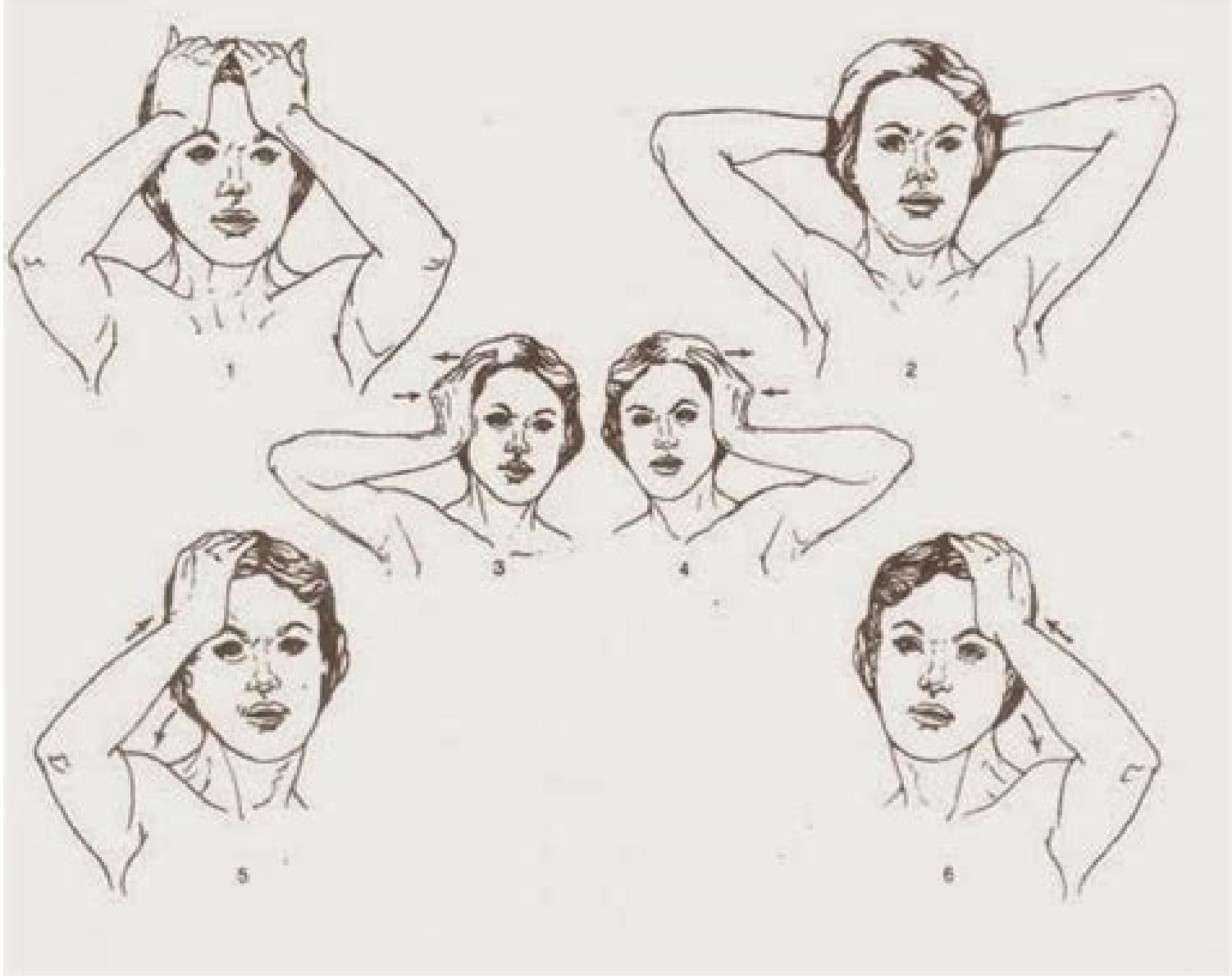


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The phrase “pain in the neck” usually refers to a task that is irritating or bothersome. But sometimes, the phrase is literal. Whether you slept the wrong way or have “text neck,” a stiff or sore neck is a painful reminder of limitations in your mobility. Neck pain is on the increase—much of it due to using smartphones. The average head weighs about 10 to 12 pounds, and your neck is designed to support that—when your head is upright. But when you look down at your smartphone, that angle increases the weight your neck has to support. Sitting with your chin down to your chest puts 60 pounds of pressure on your neck. Neck pain can be caused by several factors: poor posture, injury, degeneration of the bones, or illness. If you have neck pain, you should work with your doctor to discover the cause. If the cause is an injury or poor posture, strengthening the neck can help with the pain and reduce the risk of future injury. Symptoms of a Weak Neck While you can recognize when your neck hurts or is stiff, a weak neck can have other symptoms that are not as obvious. In addition to discomfort in the neck itself, you may have headaches, dizziness or problems with your joint and jaw muscles (TMJ). You also may have pain or weakness in your arms or AC joint impingement in the shoulder. Treating a Weak Neck A combination of stretching and strengthening is the best approach to producing long-term benefits for neck health. Some exercises to incorporate include: Stretches that involve forward flexion and extension, both to the right and left, such as the Upper Trapezius Stretch, Levator Scapular Stretch, neck rotation and doorway stretch. Isometric exercises that involve holding the position to build strength through a static hold, such as bending your neck forward and to the sides (forward flexion, left and right lateral flexion, left and right rotation) and holding that position for 5 – 10 seconds. Resistance band exercises for left and right lateral flexion, and left and right rotation make the neck muscles work harder against the bands. The chin tuck or posterior translation is another good exercise to strengthen the neck. Assess your tolerance of the easier exercises such as the stretches and isometric exercises, making sure you are comfortable with them before moving on to a more difficult option. Don’t allow other parts of the body to compensate for poor range of motion in the neck when strengthening the neck muscles. In addition to strengthening the neck through exercise, you can make additional improvements by maintaining good posture (i.e. holding your phone up to eye level vs. constantly bending your neck to read it) and ensuring that your computer, desk and chair are positioned ergonomically to give you good support. A weak neck can cause discomfort in a variety of ways. Stretching and strengthening the neck can produce long-term benefits that decrease in pain, increase strength and reduce dysfunction overall Isometric neck exercise is the best exercise you can do at Home when you have neck pain related pathology such as slip disc at cervical region, cervical spondylosis. Physiotherapist are mostly prescribed you this exercise when you have acute pain and you have not allowed to do resistive neck movement, then this exercise is recommended. Isometric neck exercises are useful for contractions of a neck muscles or muscles group.While isometric exercises, the muscle does not change its length and the affected joint does not move. Isometric neck exercises help to maintain the strength of neck muscles. the therapist also recommended strengthening exercises with isometric neck exercises. As older age our neck muscles and ligaments become less supplemented. Isometric exercise helps to prevent rupture or sprains. If you have to prevent poor posture, injury of the neck, degenerative changes of bones, then this exercise absolutely helps you.It will also reduce the risk of future injury of the neck and improve physical endurance.In isometric neck exercise, your surroundings joints are not moved only tension created in a particular muscle which we need to strengthen. This exercise does not lengthen or shorten the muscle. Neck muscle Which muscle involve in isometric neck exercise? Following are the neck muscles are used during isometric neck exercise. Neck MusclesActionNerve SupplySternocleidomastoidExtension&rotation of neck,C2, C3flexion of vertebral columnScalenusFlexion & rotation of neck&Lower cervicalse flexionSpinalis CervicisExtension & rotation of neckMiddle/lower cervicalSpinalis CapitusExtension & rotation of neckMiddle/lower cervicalNeck muscle ,its action and nerve supply. There have many Health benefits by doing isometric neck exercise: Help to reduce pain in whiplash injuries of the neckHelps to reduce the severity of chronic upper back pain.Your doctor may advise performing some of these exercises after a motor vehicle accident or lower back injury.Helps to release tension in the neckHelps to reduce tightness and stiffness. They can reduce pain andHelp to increase flexibilityHelp to prevent neck and cervical spine injuries alsoEasy to performHelpful exercises for activating muscle fibers at one time.Effective exercise for lower blood pressure.Cervical spondylosis, Cervical radiculopathy. The isometric neck exercise you can do while sitting, standing, or lying on your back: Neck flexion Isometric neck exercise in standing position: For this exercise, you need a medium size ball and you have to stand near the wall side. Neck flexion You have to stand straight with an upright posture, with your forehead resting on a ball against the wall.by your forehead, you have to gently press the ball towards the wall. Hold this for 5 to 10 seconds. Your back should be straight throughout the movement. Neck extension You have to stand straight with an upright posture, with the back of your head resting on a ball against the wall.by your head, you have to gently press the ball towards the wall. Hold this for 5 to 10 seconds.Your back should be straight throughout the movement. Neck Side flexion Neck Side flexion You have to stand straight with an upright posture, with the left side of your headrest on a ball against the wall.Gently press the ball by the left side of your head towards the wall.Hold this for 5 to 10 seconds.Your back should be straight throughout the movement.do this on another side also. Isometric neck exercise in Sitting position: Isometric neck exercise in Sitting position: For sitting exercise, you need one chair or table. you have to sit with an upright posture in a chair. in this position, you will do all neck movements explain below or if you want to do this exercise in standing then you have to stand with hip and shoulder-width apart with the torso straight. Neck flexion Put your hand on your forehead then slightly push your neck in a forward direction, your hand remains in the same position you give little pressure against the movements like pushing the backside. Hold this for 5 to 10 seconds. Neck extension Put your hand on the back of the head then slightly push your neck backward direction, your hand remains in the same position you give little pressure against the movements like pushing forward side. Hold this for 5 to 10 seconds. Neck Side flexion Put your hand left side of your head with your head straight and chin in a neutral position, now bring your head towards the left side shoulder by pushing your hand by the head. Hold this for 5 to 10 seconds.Repeat this for right-side neck flexion. Neck Rotation Put your right hand on the left side of your chin and turn your head slightly towards the left side by pushing your hand try to look behind you. Hold this for 5 to 10 seconds. Repeat this on the right side by using the left hand. Isometric neck exercise in Supine lying position: For this exercise, you have to lie down on your back over a plinth or mattress by using a small pillow or rolled towel under your head, your hand by your side. Neck flexion For this exercise you have to lie on your tummy pillow use under your head you have to push the pillow by your forehead and hold it for 5 to 10 seconds. Neck extension For this exercise, you have to lie down on your back over a plinth or mattress by using a small pillow or rolled towel under your head, your hand by your side .Push the pillow by the back of your head, and hold this for 5 to 10 seconds. Neck side flexion For this exercise, you have to lie on any left side.Take a pillow under your head now push the pillow by you towards the plinth.Hold this for 5 to 10 seconds.Do this on the right side. Isometric neck exercises video When you should not to do this exercise? If you feel any pain during exercise.If you had a neck injury occurs recently.If your doctor advised for rest.If you have a head injury.If your symptoms worsens after exerciseIf you have a high blood pressure, and you have difficulty in holding a breath. Avoid this mistakes while performing isometric neck exercise: Do not move your shoulder or trunk while performing this exercise.Do not give too much pressure to your head.Keep straight your neck while performing this exercise. Isometric neck exercises images isometric neck exercises images Objective: The aim of this study was to investigate whether isometric neck extension exercise restores physiological cervical lordosis and reduces pain. Design: Sixty-five patients with loss of cervical lordosis were randomly assigned to exercise (27 women, 7 men; mean age, 32.82 ± 8.83 yrs) and control (26 women, 5 men; mean age, 33.48 ± 9.67 yrs) groups. Both groups received nonsteroidal anti-inflammatory drugs for 10 days. The exercise group received additional therapy as a home exercise program, which consisted of isometric neck extension for 3 mos. Neck pain severity and cervical lordosis were measured at baseline and at 3 mos after baseline. Results: Compared with baseline levels, cervical lordosis angle was significantly improved in the exercise group (P < 0.001) but not in the control group (P = 0.371) at the end of 3 mos. Moreover, the exercise group was significantly superior to the control group considering the number of patients in whom cervical lordosis angle returned to physiological conditions (85.2% vs. 22.5%; P < 0.001). At the end of 3 mos, pain intensity was significantly reduced in both groups compared with baseline levels (for all, P < 0.001). Nevertheless, considering the change from baseline to month 3, the reduction in pain was about twice in the exercise group compared with the control group (P < 0.001). Conclusions: Isometric neck extension exercise improves cervical lordosis and pain.

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