

Neck & Shoulder Exercises

Divided into three parts as follow:

1. Warm up Exercises.
2. Stretching Exercises.
3. Strengthening/ Isometric Neck Exercises and Scapular Exercises.

Warm ups:

- Bending your neck forward and backward.
- Bending your neck sideways.
- Turning your neck towards right and then left.



Stretching Exercises:

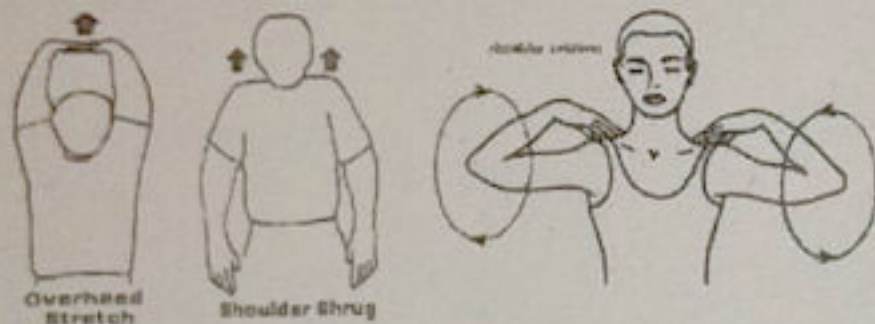
- Bend your neck forward and put a mild to moderate force downward from vertex using your hands.
- Stretching side ways using your opposite hand.

Isometric Neck:

- Same positions as warm up exercises, holding in a neutral position for 5 seconds. Put equal and opposite pressure with hand(s).

Shoulder Exercises:

- Shoulder Stretch.
- Shoulder Shrugging.
- Shoulder rotations.



Proper Posture Sitting:

- Good executive chair with back support of 100- 110 degree.
- Accommodate your buttock to the angle of the chair so that your lower as well as upper back is supported.
- On computer eye level and monitor should be in straight line.
- While working on computer or reading or writing job – keep your arms close to your body.
- Don't slouch or lean while reading and writing.
- Change your posture before 45 minutes of prolong sitting.
- Don't sit without support for more than 15- 20 minutes.

BACK EXERCISES

<p>#1</p>	<p>#2</p>
<p>Simply get in the above position and Gently pull your knee to your chest and repeat the other side.</p>	<p>Simply contract your belly-button downward and lifting your butts/ trunk up.</p>
<p>#3</p>	<p>#4</p>
<p>Assume same position in ex 2. Put one arm straight over-head and the other arm down by your side.</p>	<p>Do cycling alternatively and as demonstrated.</p>
<p>#5</p> <p>Do not use pillow below tummy</p>	
<p>Slowly raise your left arm (keeping it straight) upward and slowly lower and repeat with the other arm. Only raise your arm to a comfortable height. You don't have to go very high for this to be effective.</p>	
<p>#6</p> <p>Do not use pillow below tummy</p>	
<p>Slowly raise your left leg (keeping it straight) upward and slowly lower and repeat with the other lower limb. Only raise your leg to a comfortable height.</p>	
<p>#7</p> <p>Do not use pillow below tummy</p>	
<p>Simultaneously lift the white arm (left) and grey leg (right) slowly upward. Don't force it! Just go as high as you can. Hold this top position for 5 to 7 seconds and then lower. Repeat all exercises for 2 sessions per day & 10- 15 repetitions per session & holding each position for 5-7 seconds.</p>	
<p>Any exercise(s) which is aggravating your pain, don't do that exercises for few days and re- evaluate yourself after 2-3 days, if no pain can start.</p>	

Adaptation Exercises For

Vertigo / Dizziness Patients

The feeling of giddiness or rotation in space is due to an imbalance in the co-ordination mechanism of the body. Certain drugs are available which help in alleviating the symptom of vertigo / dizziness. The doctor's advice would, of course, be the best in such a condition.

Apart from the medicines prescribed, it would be beneficial to carry out certain exercises which help you to adapt yourself to the attacks of giddiness / dizziness / vertigo.

जब शरीर के समन्वय-कारी रचना तंत्र में असंतुलन पैदा हो जाता है, तो सिर घुमने या चक्कर आने की शिकायत बनती है। कुछ दवाइयों के उपयोग से सिर चक्करने या चक्कर आने की शिकायत से आराम मिलता है। मगर हर हालत में डॉक्टर की सलाह लेना ही सर्वोत्तम होता है। चिकित्सक द्वारा सुझाई गई दवाइयों के अलावा, कुछ अंगों के खास व्यायाम करने से निश्चित रूप से सिर चक्कराने या चक्कर आने की शिकायत दूर हो सकती है।

EXERCISES IN BED

Eye Movements



- Looking up and then down
- पहले ऊपर देखें और फिर नीचे।



- Looking alternatively left & right
- पहले बायें और फिर दायें, इसी क्रम में देखना।



- Convergence exercises
- एक केंद्रमुखी बन-क्रिया।

Head Movements



- Bending alternately forward & backward
- सिर को पहले आगे और फिर पीछे की ओर, उसी क्रम में झुकने की क्रिया।



- Turning alternately to left and then right
- सिर को बायें और दायें क्रम में घुमाने की क्रिया।

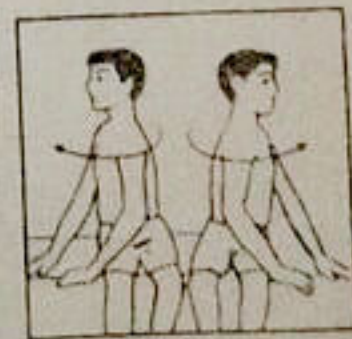
EXERCISES IN SITTING POSITION



- Shrugging & rotating shoulders
- कंधों को दबाने और फिर ऊपर की ओर घुमाने की क्रिया।



- Bending forward & picking up objects
- आगे की ओर झुक कर फर्श से किसी वस्तु को उठाना।



- Turning head and trunk alternately to the left and right
- सिर और घड़ को बायें और दायें क्रम में मोड़ना।