

Exercise plan :  
**5 Best Exercises For Neck  
Pain**

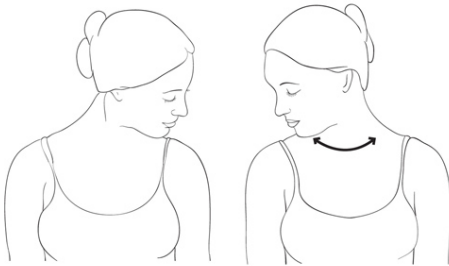
Patient:  
**Julian Newhill**

Date:  
**06th May 2026**

Practitioner:  
**Julian Newhill**

Please stop any exercise that causes pain. If you have any questions with an exercise, just email us at [info@newhillosteopathy.co.uk](mailto:info@newhillosteopathy.co.uk). Good luck and keep with it!

### Neck Semi-Circles



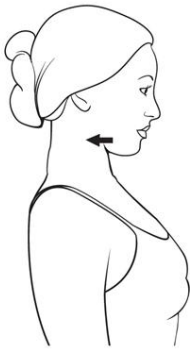
© rehabmypatient.com

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.

**Sets 1 | Repetitions 10 | Days per week 5-7**

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

### Neck Retraction



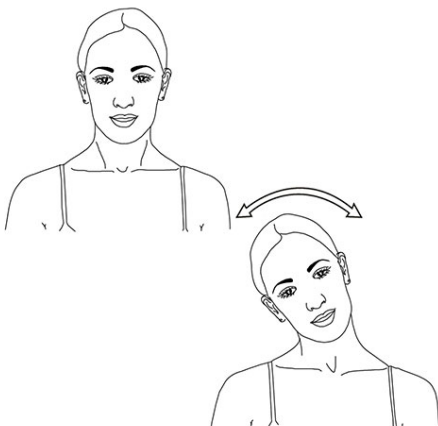
© rehabmypatient.com

Sit upright with good posture. Gently pull your head back as far as comfortable and down slightly. You will feel some gentle tension at the front and back of your neck. This exercise will help your neck and upper back posture.

**Sets 1 | Repetitions 10 | Days per week 5-7**

Video: <http://youtu.be/VYcifC6BFgc>

### Neck Side Flexion Mobilisation

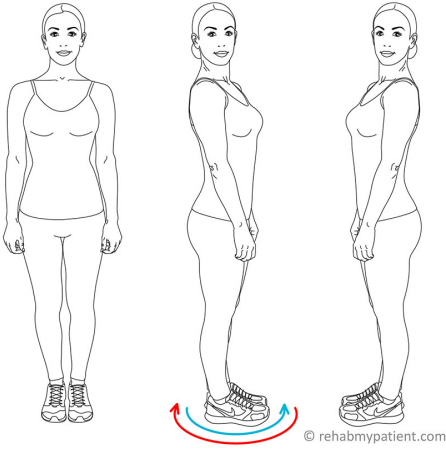


© rehabmypatient.com

Sit or stand in an upright position with good posture. Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Now repeat to the right. Keep the movement gentle and rhythmical. This exercise will help improve mobility to your neck.

**Sets 1 | Repetitions 15-20 | Days per week 5-7 | Both sides**

Video: <http://youtu.be/MpUIDH-atys>

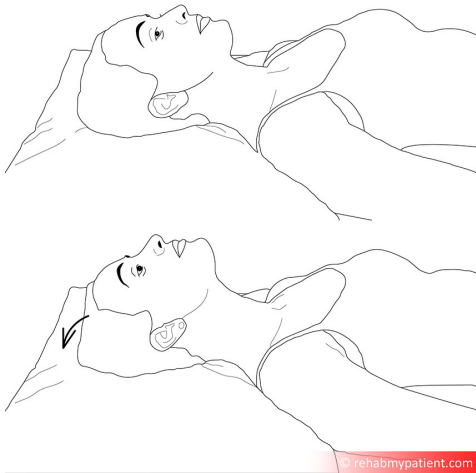


## The Mirror

Stand in front of a mirror or object on the wall at head height. Keep your gaze on the mirror or object and also keep your head still as you rotate your body underneath you, turning your body to the left and then the right by stepping around as far as is comfortable.

**Sets 1 | Repetitions 10 | Days per week 5-7 | Both sides**

Video: <https://youtu.be/BG2r2eQkD8Y>



## Neck Isometric Pillow Extension

Lie flat on your back, with your head on a pillow. Arch your neck back into the pillow, pressing your head into the pillow to create some resistance. Your chin should go up toward the ceiling during the movement. This is an isometric neck extension exercise.

**Sets 1 | Time 30 seconds | Rest 30s | Days per week 5-7**

Video: <https://youtu.be/QSeLz4CZHsl>