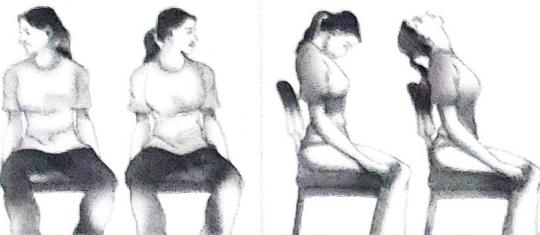


Neck & Shoulder Exercises

These exercises strengthen your neck and shoulders. Before beginning any exercises, please read all the instructions carefully and consult your doctor. While exercising, breathe normally and use smooth movements. If you feel any pain, stop the exercise and consult your doctor. You can use a chair with a good back support to do sitting exercises.

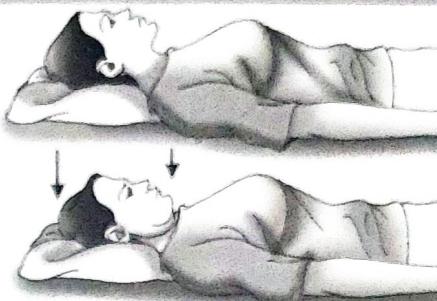
1 Neck Rotation & Extension



Slowly turn your head to the right as far as possible. Then, slowly turn towards your left. Relax and repeat as advised.

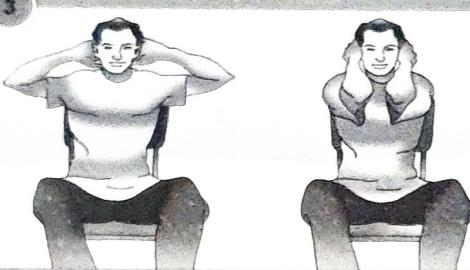
Slowly lower your chin towards chest, keeping your mouth closed. Go back to a neutral position. Tilt your head back very slowly as far as you are comfortable to look up at the ceiling. Bring your neck to a neutral position and relax. Repeat as advised.

2 Chin Tuck



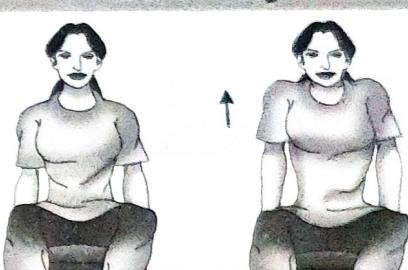
Lie flat on your back. Place a thin pillow under your head. Tuck in your chin and push your head and neck into the pillow. Hold for a few seconds and relax. Repeat as advised.

3 Shoulder Extension



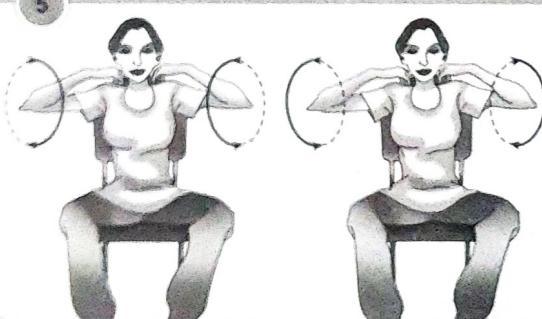
Sit on a chair and keep your palms at the back of your head. Bring your elbows forward and take them back in alignment with your shoulders. Repeat as advised and relax.

4 Shoulder Shrugs



Sit on a chair and keep your palms at the back of your head. Bring your elbows forward and take them back in alignment with your shoulders. Repeat as advised and relax.

5 Shoulder Rotation



Rest your hands lightly on your shoulders. Move your elbows and rotate in the forward direction. Relax. Repeat and rotate in the backward direction. Relax. Repeat as advised.

6 Neck Resistance



Sit on a chair. Press your right palm on the right side of your head. Push your head against your palm without allowing your head to move and hold for a few seconds.

Press your left palm on the left side of your head. Push your head against your palm without allowing your head to move and hold for a few seconds.

Take both your palms at the back of your head. Press your head against your palms, so that your head doesn't move and hold for a few seconds.

Place both your palms on your forehead. Press your head into your palms while not allowing your head to move and hold for a few seconds.

Do's & Don'ts:

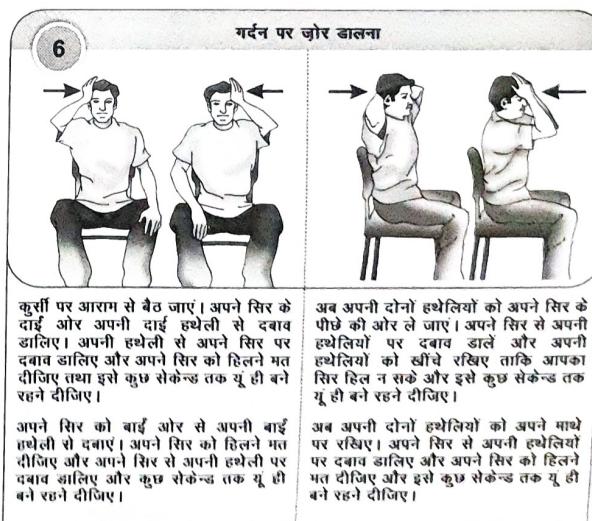
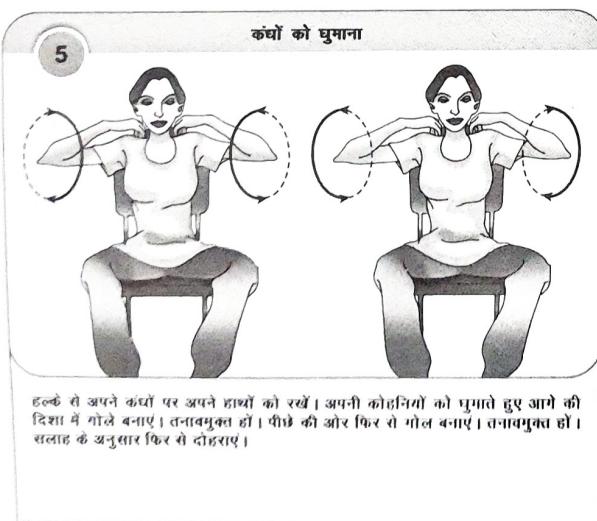
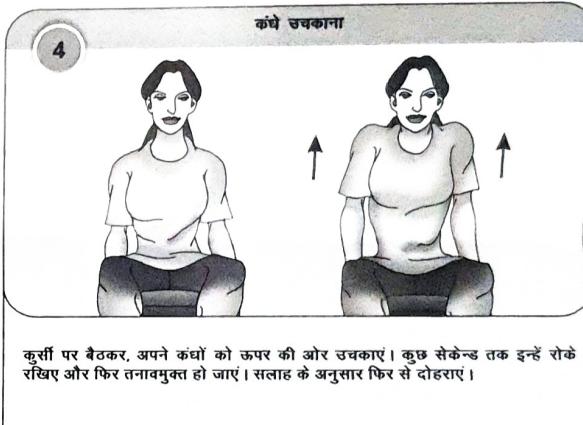
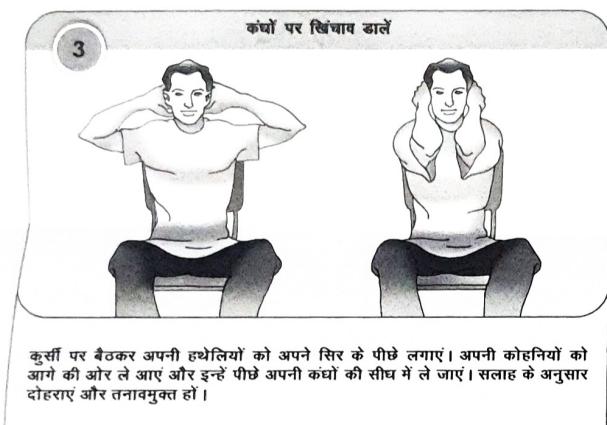
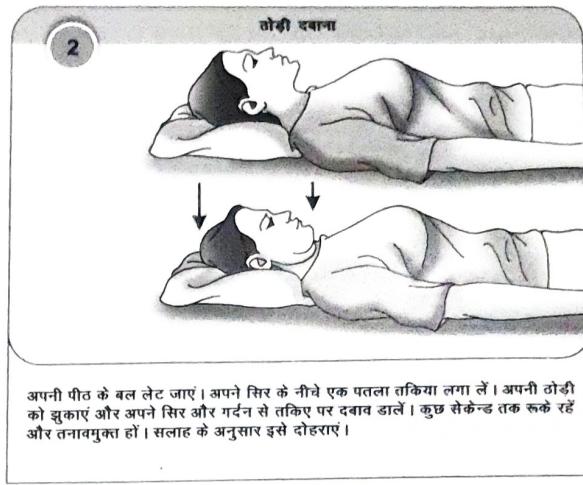
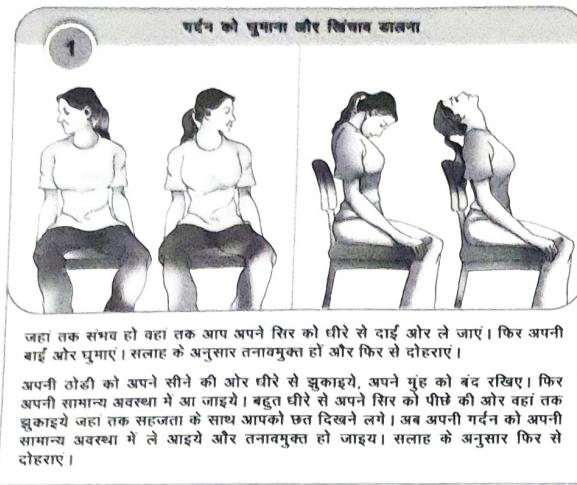
✓ Go only as far as comfortable ✗ Strain / force yourself ✗ Over-exercise

Reference: (Strackauer, S.) Specific exercises according with Physiological Activity. In: Anna Heppner. *Pract Health Book*. Chapter 10. 3rd Edition. Johns Hopkins University Press. 2014. Pg no. 152-153.

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गर्दन और कंधे के व्यायाम

ये व्यायाम आपकी गर्दन और कंधों पर खिंचाव ढालने और उन्हें सशक्त बनाने के लिए हैं। किसी भी व्यायाम को आरंभ करने से पहले, आप इन सभी अनुदेशों को कृपया व्यानपूर्वक पढ़ ले और इन्हें आरंभ करने से पहले अपने विकित्सक से परामर्श कर लें। व्यायाम करते समय, सामान्य रीति से सांस लें और शरीर को सहजता के साथ हिलाएं-हुलाएं। यदि आपको कोई दर्द नहीं होता है, तो आप व्यायाम रोक दें। फिर भी यदि दर्द बना ही रहता है, तो आप अपने विकित्सक को बताएं। बैठकर किए जाने वाले व्यायामों के लिए पीठ को ठीक तरह से सहारा देने के लिए कुर्मी का प्रयोग करें।



क्या करें और क्या न करें: ✓ किसी भी क्रिया को जोर देकर न करें। ✗ जहां तक सहज वही तक करें। ✗ एक ही मुद्रा में बहुत देर तक न रहें।

Reference: Strickland TL. Specific exercises. In: Living with Rheumatoid Arthritis. A Johns Hopkins Press Health Book. Chapter 10. 3rd Edition. Johns Hopkins University Press, 2014. Pg no 132-153.

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