

## **Top 7 Exercises for Neck Pain and Headaches (Neck Headaches)**

In this video we are referring to the treatment of a specific type of headache that is caused by an issue with your neck. Cervicogenic headaches are different because they are caused by problems with the nerves, bones, or muscles in your neck. Although you may feel pain in your head, it does not start there. Instead, the pain you feel is referred pain from the neck.

Out of the 7 exercises presented in this video, chose the one or two that upon trial seems to be most effective. Those exercises should be performed spread throughout the day as much as 6-8 x.

### ***7 Exercises***

1. Chin Tucks. These should be performed throughout the day (ideally 6-8x)
2. Chin Tucks with overpressure (hand or towel) (sustained 30-45 sec and if no increased pain can increase to 2 minutes)
3. Rotation with towel. The selvage Place the “selvage” (tightly woven edge of the towel) against your neck at the position where the neck meets the skull (about C1). Grab the two ends of the towel with your hands. You will be working on rotating into the restricted or painful direction.

Rotating to the right: After you grab the two ends of your towel, your hands will switch with each other. After switching, your left hand should pull straight down on its towel end. The right hand will pull the opposite towel end across the left side of your face up near your eyes. This movement should be pain-free, or do not continue. If pain-free, perform the rotation toward the painful side in 5-10 repetitions. Repeat 6-8 times spread out through the day. Do not let the left shoulder move forward during the rotation.

Rotating to the left: After you grab the two ends of your towel, your hands will switch with each other. After switching, your right hand should pull straight down on its towel end. The left hand will pull the opposite towel end across the left side of your face up near your eyes. This movement should be pain-free, or do not continue. If pain-free, perform the rotation toward the painful side in 5-10

repetitions. Repeat 6-8 times spread out through the day. Do not let the right shoulder move forward during the rotation.

4. Flexion with gentle overpressure (use both hands to grab the upper back portion of your head and gently stretch forward for just a few seconds - repeat x 3).
5. Flexion with fist under chin. Place your left curled fist under your chin- thumb side up. Use your right hand to grab the upper back portion of your head and gently pull forward. Hold for 10 seconds and repeat 3 times.
6. Self-Massage with ball or fingers. Using your fingers, self-massage the neck at the spot where the neck attaches to the skull. You should try circular motions and splaying.
7. Chin tuck with two balls in sock. Place two tennis balls in a sock. Lie face up flat on the floor. Place the balls in the area between the neck and the skull. Apply continuous pressure with a chin tuck. As an alternative or perform slight nodding and turning of the head to massage the area with the balls.

Bonus: Include Posture Correction