

# Neck Exercises



**Therapy Exercises after a Burn Injury  
to the Neck**

Also available in video format, see back page.

## **Therapy Exercises after a Burn Injury to the Neck**

### **Therapy and exercise**

It is important to exercise your joints after a burn injury. If the skin over or near a joint has been damaged by a burn, it has the potential to become tight and eventually contract.

A contracture is a lack of movement at the joint and this will happen if it is not exercised regularly. This could lead to the joint becoming stiff and limiting your everyday activities. It is always better to prevent a joint contracture than it is to treat it. If a contracture develops, further surgery may be required.

### **Your exercises**

During your treatment you will have carried out some exercises with the therapist.

It is important that you continue your exercises at home.

Your exercises should be carried out little and often throughout the day to prevent stiffness. Moving your head and neck naturally during daily activities will help maintain movement and reduce stiffness.

When you are lying in bed, it is important that you sleep without a pillow. Your therapist will discuss this with you.

When your burn has healed, use an unperfumed cream to moisturise and massage the area 2-3 times a day to keep your skin supple. This will help with your stretches at home. It is very important that the old cream is washed off before applying more.

## Range of movement exercises

Complete all exercises sitting in a supported chair with your back straight

### Exercise 1 (Neck extension)



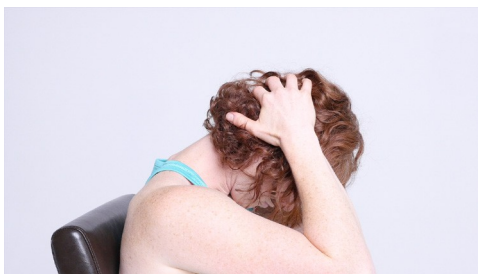
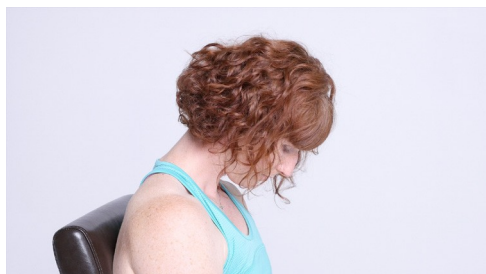
Tilt your head backwards as far as you can.

With your hand on your chin push as far back as possible. Keep your mouth closed while you do this exercise.

Hold this position for \_\_\_\_ seconds. Then return to start position.

Repeat \_\_\_\_ times.

### Exercise 2 (Neck flexion)



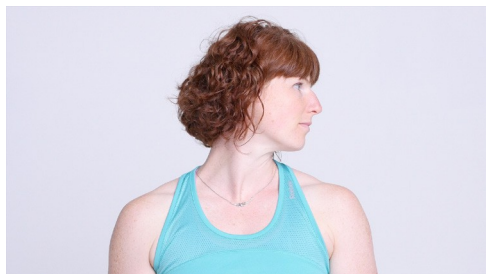
Tilt your head forwards.

Clasp your hands behind your head and push your head further forwards.

Hold this position for \_\_\_\_ seconds. Then return to start position.

Repeat \_\_\_\_ times.

### Exercise 3 (Neck rotation)



Turn your head to one side to look over your shoulder. Use your hand to gently push your head further until you feel a stretch.

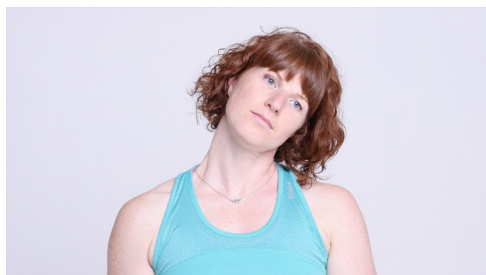
Hold this position for \_\_\_\_ seconds. Then relax your neck.

Repeat this exercise turning your head to the opposite side.

Then return to start position.

Repeat \_\_\_\_ times.

### Exercise 4 (Side flexion)



Tilt your head towards one shoulder. Use your hand to gently push your head to tilt further to the side until you feel a stretch.

Hold this position for \_\_\_\_ seconds. Then return to start position.

Repeat this exercise tilting your head to the opposite side.

Repeat \_\_\_\_ times.

## Exercise 5 (Cervical retraction)



Pull your chin in, keeping your neck and back straight.  
Do not tilt your chin forwards.

Using your hand, gently push your chin backwards in a straight line.

Hold this position for \_\_\_\_ seconds.

Then relax your neck.

Repeat \_\_\_\_ times.

## Notes

Do you know you can watch an instructional video based on this leaflet online?

Simply scan the quick recognition (QR) code **here**  
or  
go to our You Tube Channel:

**<https://tinyurl.com/2xupm3u7>**



To read the QR code, you'll need to download a free QR reader application for your smartphone or tablet device.

Go to the app store and search "QR reader"  
After installing the QR Reader application, scan the QR code using the application.



## How to contact us

If you have any problems or queries please do not hesitate to contact:

Named Therapist: \_\_\_\_\_

Telephone: \_\_\_\_\_

Northern Burn Care Operational Delivery Network  
Physiotherapist and Occupational Therapy Service Development Group  
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