

# Boot Camp for Persistent Neck Pain

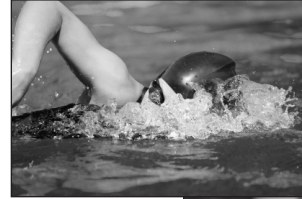
Date						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1. Bike/walk/run/swim	___ min	___min	___min	___min	___min	___min
<b>Sitting or Standing</b>						
2. Shoulder Shrugs (up, back and down)	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold _ repeat_
3. Neck-shoulder pull downs- right and left	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold _ repeat_
4. Corner stretch-shoulders/chest/back	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold _ repeat_
5. Head retraction stretch	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold _ repeat_
6. Range of motion (ROM) stretch to maximum position a) rotation b) side bending	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold _ repeat_
7. Resisted ROM using hand						
a) rotation	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___
b) side bending	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___
c) extension	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___
<b>Lying Down</b>						
8. Resisted ROM using head weight						
a) rotation	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___
b) side bending	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___
c) extension	repeat___ Sets___	repeat___ Sets___	repeat___ Sets___	repeat___ Sets___	repeat___ Sets___	repeat___ Sets___
<b>Sitting or Standing</b>						
9. Shoulder pull downs-broom stick	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___	repeat___ sets___	
10. Postural instruction	Sit/drive	Computer/ mobile devices	Stand	Walk	sleep	Daily awareness
Step/Activity Count						

# 1

## BIKE/WALK/RUN/SWIM

### Instructions

Each boot camp program includes aerobic exercise. The type and intensity of the aerobic exercise you will be asked to do will depend on the severity of your neck pain, your level of fitness and any other underlying health problems you may have. Consult your health care professional before engaging in any aerobic exercises to ensure it is safe for you. If you use a stationary bike it is important to adjust the seat height to a level that allows the knee to almost fully extend while pedaling.



### SCHEDULE

Performed ___ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Bike/walk/run/swim	__ minutes	__ minutes	__ minutes	__ minutes	__ minutes	__ minutes
For bike: tension (resistance)						

## SHOULDER SHRUGS

# 2



### Instructions

This can be done either sitting or standing. Draw your shoulders up toward your ears while contracting firmly the muscles in your neck and shoulders. Hold this position. Then draw the shoulders back as far as you can and at the same time squeeze the muscles between the blades tightly. Hold this position. Then drop the shoulders and return to your resting position. Then repeat.

### SCHEDULE

Performed ___ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder Shrugs (up, back and down)	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___

# 3

## NECK-SHOULDER PULL DOWNS

### Instructions

While sitting place one hand under your buttock with your palm down. Using your other hand, and while maintaining an erect posture, place it on the opposite side of your head. Using your hand that is on the side of the head, gently pull your head toward your shoulder as far as you can and hold this position. Repeat on the opposite side.



### SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Neck-Shoulder Pull Downs	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

## CORNER STRETCH

# 4



### Instructions

Find a corner where you can place your hands on either side of the corner about shoulder high and keeping your head erect. Place one foot forward toward the corner of the wall and then slowly bend the forward knee while keeping the other back leg straight. Bring your chest as close to the corner as possible. You should feel a stretch across the front of your chest and between your shoulder blades. Hold this position.

### SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Corner Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

# 5

## HEAD RETRACTION STRETCH

### Instructions

While sitting or standing against a wall, tuck your chin down slightly toward your chest. Then draw your head backwards as far as possible or until the back of your head touches the wall. Hold this position.



### SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Head Retraction Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

## RANGE OF MOTION (ROM) STRETCH (A) ROTATION

# 6a



### Instructions

While sitting or standing against a wall, rotate your head as far as you can while attempting to touch your chin to your shoulder. Hold this Position. Repeat on the opposite side.

### SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Range of Motion Stretch a) rotation	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

# 6b

## RANGE OF MOTION (ROM) STRETCH (B) SIDE BENDING

### Instructions

Side bend your head as far as you can attempting to touch your ear to your shoulder. Hold this position and repeat on the other side.



### SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Range of Motion Stretch b) Side Bending	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

## RESISTED ROM USING HAND (A) ROTATION

# 7a



### Instructions

Rotate your head into your hand while your hand resists your head from moving. Hold this position for one second. Then rotate your head the opposite way a few degrees and repeat until your chin reaches as close as possible to the shoulder. Repeat on the other side.

### SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Resisted ROM Using Hand a) Rotation	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____



# 7b

## RESISTED ROM USING HAND (B) SIDE BENDING

### Instructions

With your head erect side bend your head toward your hand while your hand resists your head from moving. Hold this position for one second. Then side bend your head the opposite way a few degrees and repeat until you ear reaches as close as possible to your shoulder.



### SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Resisted ROM Using Hand b) Side Bending	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __

## RESISTED ROM USING HAND (C) EXTENSION

# 7c

### Instructions

Drop your head down so your chin is touching or is close to your chest as possible. Lift your head into your hand while your hand resists your head from moving. Hold this position for one second. Then lift your head up a few degrees and repeat until your head is erect.



### SCHEDULE

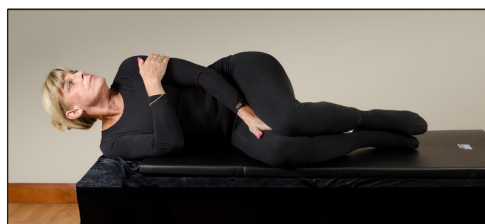
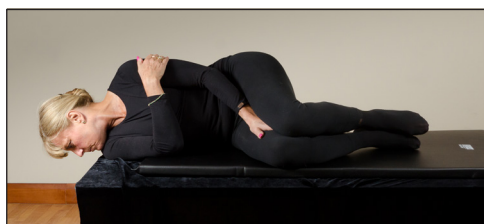
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Resisted ROM Using Hand c) extension	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __

# 8a

## RESISTED ROM USING HEAD WEIGHT ADVANCED A) ROTATION - PERFORM SLOWLY

### Instructions

Lie on your side with your head suspended over the edge of a bench or your bed. Keep your head in the neutral position. Rotate your head by directing your nose toward the floor as far as possible and hold for one second then turn your head by pointing your nose toward the ceiling and holding for one second. Then repeat. Lie on opposite side and repeat. *\*Avoid if experience dizziness or vertigo.*

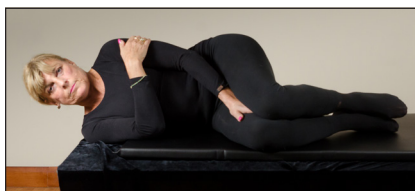
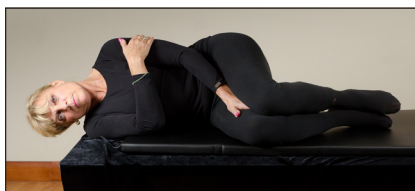


### SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Resisted ROM Using head weight a) Rotation	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __

## RESISTED ROM USING HEAD WEIGHT B) SIDE BENDING PERFORM SLOWLY

# 8b



### Instructions

Lie on your side with your head suspended over the edge of a bench or your bed. Keep your head in the neutral position. Side bend your head toward the floor trying to approximate your ear to your shoulder hold for one second then return to the neutral position and repeat. Lie on opposite side and repeat. *\*Avoid if experience dizziness or vertigo.*

### SCHEDULE

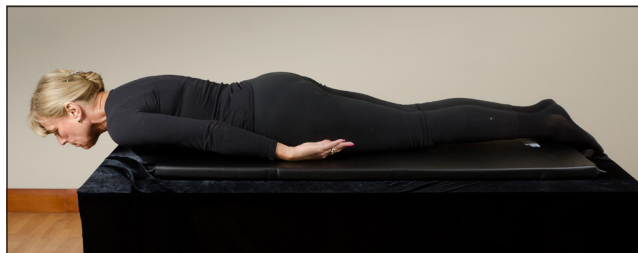
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Resisted ROM Using head weight b) Side Bending	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __

# 8c

## RESISTED ROM USING HEAD WEIGHT C) EXTENTION - PERFORM SLOWLY

### Instructions

Lie on your stomach with your head suspended over the edge of a bench or bed. Drop your chin toward your chest and hold for one second then extend your head back to neutral and hold for one second then repeat. *\*Avoid if experience dizziness or vertigo.*



### SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Resisted ROM Using head weight c) extension	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __	repeat __ sets __

## SHOULDER PULL DOWNS BROOMSTICK

# 9



### Instructions

While sitting or standing, place your hands on a broomstick about shoulder width apart. Place the broomstick over your head and extend your arm. Then draw the broomstick downward behind your head by squeezing your shoulder blades together. Hold for one second and repeat.

### SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder Pull Downs using Broomstick	hold __ repeat __	hold __ repeat __	hold __ repeat __	hold __ repeat __	hold __ repeat __	hold __ repeat __