

Exercises for Cervical Spine

Cervical spine exercises help in increasing the range of motion, mobility and also strengthen the cervical spine. When the range of motion of neck and shoulder muscles reduces. They are exercises which help in working out different muscle groups in the neck. An important tip to make sure you breathe. Breathing ensures you relax the [neck pain](#). Now let's see some cervical spine exercises.

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The cervical spine extends from the base of the neck downwards upto the seventh vertebrae. Compression or over-extension can cause pain. There are a number of cervical spine exercises which help to exercise the cervical spine and also relieve pain.

Cervical Stretch

This is an exercise to flex the cervical spine.

- Support your neck and head by placing your hands at the back of the head, just before the start of the neck to be more precise.
- Gently push your neck so that your chin rests on your chest.
- Hold in this position for 10 seconds.
- This exercise will have to be repeated for 1 set of 10 repetitions. It is recommended that you perform this exercise twice a day. You may also do other relief exercises.

Cervical Extension

This is a stretch that will work the front of the neck.

- This is the exact opposite of the previous exercise. Gently bend your head backwards, as far as you can.
- You will have to make sure you do not raise your shoulders when you are trying to touch your neck backwards.
- Hold in the position for 10 seconds.
- Slowly return back to the starting position. Make sure you do not jerk.
- This exercise is to be repeated for 1 set of 10 repetitions. It is recommended that you perform this exercise twice a day. Read more on Lateral Flexion

When you do this exercise, you will have to make sure your shoulders are not raised up. This exercise will help in working the side muscles.

- Stand upright and your shoulders pressed down. You may want to read on cervical spondylosis exercises.
- Slowly start bringing your right ear to the right shoulder. Bend as far as you can.
- Do not try to be very ambitious in trying to touch your ear to the shoulder, else you can cause injury to a nerve in the sides of the neck.
- Gently return back to the starting position and repeat the same on the left side.
- You will have to repeat this exercise on either side for 10 times.

Isolated Cervical Flex

This exercise is a variation of the cervical stretch.

- To do this exercise, place your palm against your forehead. Read on neck exercises for neck muscles.
- Now gently start pushing your head into the palm. However, you will have to make sure you do not bend your neck.
- Exert as much pressure as you can on the neck muscles. Hold the exercise position for 10 seconds.
- This exercise should be performed once a day with one set of 10 repetitions.

Neck Rotation

This exercise may seem to work only the neck muscles, however, it works the entire cervical spine.

- Stand or sit upright. Standing is preferred. Place your hands on your waist.
- Gently turn your neck towards the right side.
- You will have to turn so that your chin is parallel to the shoulders.
- Like I have mentioned in the previous exercises, your shoulders should not be raised up.
- Hold in the position for 5 seconds, then slowly start to unwind and then rotate your neck towards the left side.
- This exercise is to be performed for 10 counts on either side.