



# Therapi Tylineo Lockdown Exercises



## Lockdown "Tech Neck" Exercises

During COVID-19 Lockdown the chances are high that you have been working from home using your mobile phone, tablet and laptop computer.

The probability is that there are family member's with their eyes glued to a device, using some app, reading article, or social media on their mobile or tablet. Seeing people with their head tilted forward, using a mobile device has become common scene- common enough to warrant it's own name: 'Teck Neck'.

The average weigh of your head is 5-6Kg. With good posture, this 5-6Kg is supported by your Cervical spine vertebrae and soft-tissue. When the head is in the 'text neck position' tilted down, the weight on the neck increases by 2-3x, 15 to 18kg

To minimize the damage and stress from text neck, be conscious of your posture and position at all times. Keep the screens of your mobile phone, tablet and laptop computer level with your eyes.

Take frequent, 30-40 minute breaks between sessions, allowing your body enough time to stretch and reset your posture.

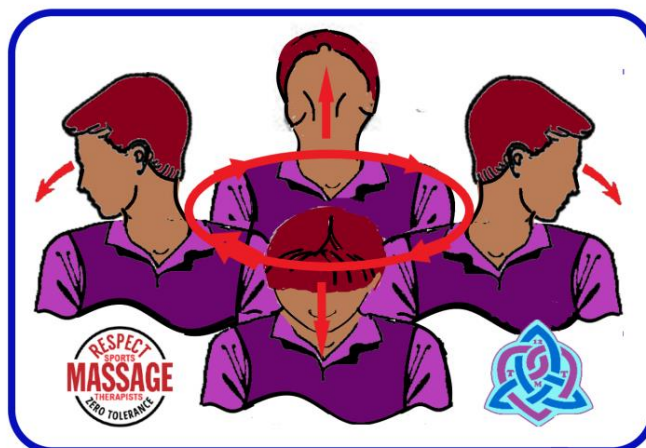
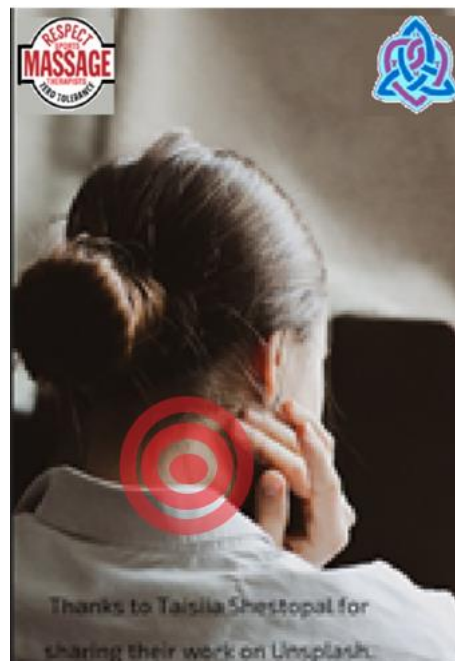
Examples of exercises include neck rotation and axial retraction. These will be explain in the following paragraphs.

### Neck rotation exercises

## Neck rotation

To improves neck mobility and flexibility.

1. Stand or sit upright with shoulders down.
2. Slowly flex your head forward as far as you can and look down at the floor
3. Slowly rotate your head in a clockwise direction to look over your right shoulder
4. Hold for a count of 5.
5. Continue to slowly rotate your head in a clockwise direction to look up at the ceiling, do not over extend the neck





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## Lockdown Exercises



6. Hold for a count of 5.
7. Rotate your head slowly again in a clockwise direction to look over your left shoulder
8. Hold for a count of 5.
9. Rotate again returning your head to the starting position look down at the floor
10. Hold for a count of 5
11. Repeat for 3 cycles

From the starting position back to the ending position should take a count of 20 rotate slowly without jerking.

### Neck mobility and flexibility.

1. Stand or Sit upright with shoulders down. Look straight ahead.
2. Slowly turn your head towards your left shoulder as far as is comfortable.
3. Hold for a count of 5
4. Return to the neutral position.
5. Repeat on the right.
6. Returning to the neutral position.
7. Hold for a count of 5 and repeat
8. Repeat for 3 cycles



### Neck stretch

Good for loosening tight neck muscles.

1. Stand or sitting upright, look straight ahead and hold your shoulders down; the neutral position.
2. Slowly tilt your head to the right remaining to hold your shoulder down.
3. Hold for a count of 5
4. Returning to the neutral position.
5. Repeat on the opposite side.
6. Hold for a count of 5
7. Returning to the neutral position.
8. Repeat 3 times on each side.



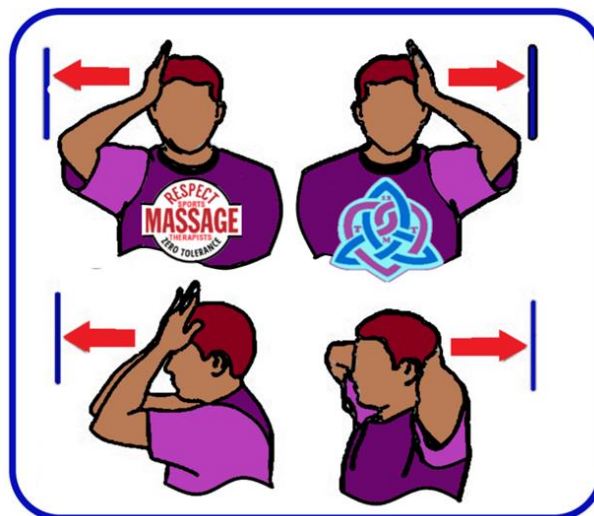
### Neck strengthening exercises



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1. Stand or sitting upright, look straight ahead and hold your shoulders down; the neutral position.
2. Using your right hand, apply pressure to the right side of head
3. Use your neck muscles to push your head into your hand
4. Hold the pressure for a count of 5, then relax
5. Using your both hands, apply pressure to the back of your head
6. Use your neck muscles to push your head into your hand
7. Hold the pressure for a count of 5, then relax
8. Using your left hand, apply pressure to the left side of your head
9. Use your neck muscles to push your head into your hand
10. Hold the pressure for a count of 5, then relax
11. Using your both hands, apply pressure to your forehead
12. Use your neck muscles to push your forehead into your hand
13. Hold the pressure for a count of 5, then relax
14. Repeat for 3 cycles



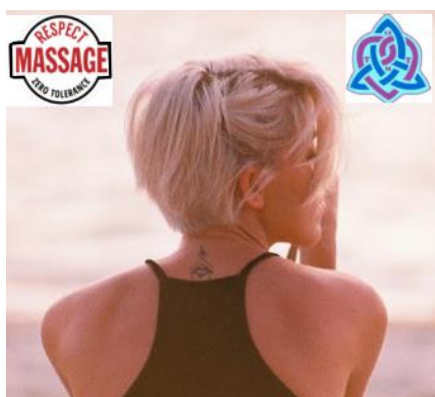
These are Isometric Contractions and will help strengthen the muscles of your neck

while limiting chance of injuries since there is no actual movement being performed. Increase the contraction count and contractions each several days to a maximum count of 15.

Do these exercises daily. This routine should aid reduction in muscle tension caused by working from home.

It is important to perform any exercises **slowly** to stretch soft tissue ligaments, muscles, and tendons correctly.

It is important that the patient themselves initiate these movements.



**No one** else should grasp the patient's head in an attempt to manipulate the neck.