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Shoulder and Elbow Surgery

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## Neck Exercise Program

These exercises can help your elbow heal after an injury or surgery. Doing them will make your elbow stronger, more flexible, and less painful. They also help you get back to sports and daily activities. Always check with your doctor or physical therapist before starting.

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### Head Roll

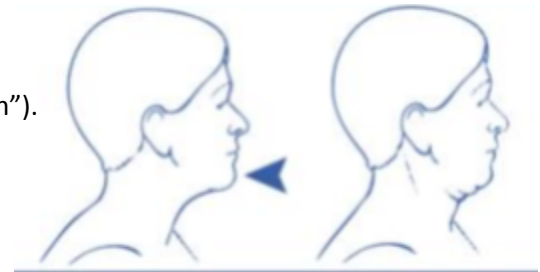
- Slowly bend your head forward, chin toward chest.
- Stretch ear toward one shoulder, then the other.
- Slowly roll your head in one direction **5 times**.
- Roll the other way **5 times**.
- Do this **3–5 times a day**.



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### Chin Tuck

- Start with your head in a normal position.
- Gently pull your chin straight back (like making a “double chin”).
- Keep eyes and chin level.
- Hold for **5–10 seconds**.
- Repeat **5 times, 3–5 times a day**.



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### Shoulder Roll

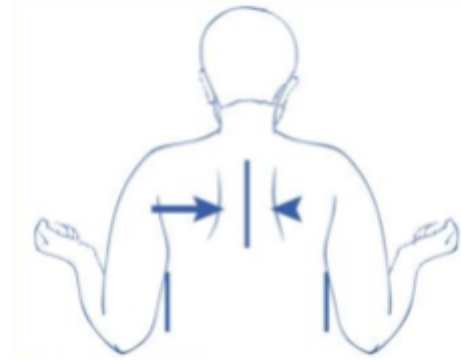
- Sit or stand comfortably.
- Roll your shoulders forward, then up, then back.
- Squeeze your shoulder blades together and hold for **5–10 seconds**.
- Repeat **5 times, 3–5 times a day**.





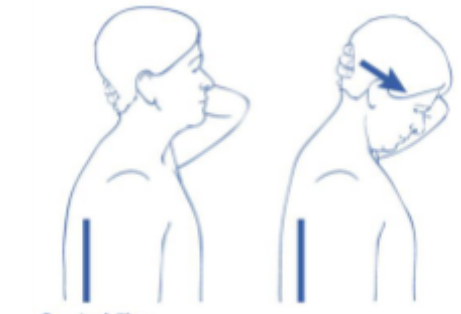
### Shoulder Blade Squeeze (Shoulder Retraction)

- Bend elbows to 90°, arms slightly out from your body.
- Pinch your shoulder blades together.
- Pull shoulders back as far as you can.
- Hold for **5–10 seconds**.
- Repeat **5 times, 3–5 times a day**.



### Neck Forward Bend (Cervical Flex)

- Place one or both hands on the back of your head.
- Gently tuck your chin to your chest.
- Hold for **5–10 seconds**.
- Repeat **5 times**.
- Do this **3–5 times a day**.



### Neck Side Bend (Sidebend with Arm Outstretched)

- Reach one arm down to your side.
- Place the other hand on top of your head.
- Gently bend your head toward the shoulder of the hand on top.
- Hold for **5–10 seconds**, then relax.
- Repeat on the other side.
- Do **5 times each side, 3–5 times a day**.



### Posture Reminders

- **Sitting:** Keep feet flat, sit close to your desk, and use support for your lower back. Keep shoulders aligned and avoid slouching.
- **Walking:** Roll shoulders back to stand tall.
- **Standing:** If standing for a long time, rest one foot on a small stool to ease pressure on your lower back.

### Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:

[www.lucasmysonmd.com](http://www.lucasmysonmd.com)

