



PATIENT INFORMATION

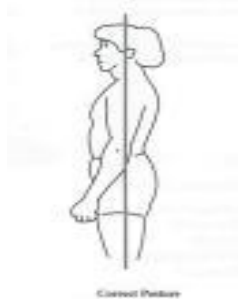
Exercises following a Neck Dissection

The following exercises have been developed to increase the movement and strength in your neck, arms and shoulders following a neck dissection. It is recommended that these exercises are started soon after your operation and should be carried out 2 or 3 times each day or as advised by your doctor, physiotherapist or specialist nurse.

Posture

Neck problems resulting from poor posture are extremely common

- ❖ When sitting, sit upright, do not slouch. A small cushion placed in the hollow of your lower back will help to support your back and prevent slouching.
- ❖ When standing, try to remain as tall as possible, keeping the chin tucked in and shoulders back. Checking your posture in a mirror may be useful.



Neck movement exercises

- ❖ Bring chin to chest in a relaxed way and then let it fall gently backwards so a stretch on the neck muscles is felt (see diagram).
- ❖ Slowly turn head as far as possible to one side as if attempting to look over that shoulder. Do the same to the other side.
- ❖ Bend the head towards the shoulder on the unaffected side. A stretching will be felt on the operated side.



Note: It is acceptable to feel a stretch in the muscles of the neck, particularly on the operated side. This should gradually lessen with exercise. Should you experience persistent or troublesome symptoms please speak to your Doctor or specialist nurse.

Shoulder movement exercises

- ❖ Standing with shoulders relaxed and head facing forward, let the arm on the operated side hang freely. Make circles with the shoulder by moving it:
 - a) Forward
 - b) Upward
 - c) Backward
 - d) Downward



- ❖ Start by holding a stick in front of the body, shoulders and arms relaxed. Raise the stick as high as possible keeping elbows straight. When you can raise the stick over your head, slowly lower it behind your neck. Then raise the stick again overhead and return it to the starting position



SHOULDER FLEXION

- ❖ Stand facing a wall with your feet a few inches from it. Slide the hand on the operated side up the wall as far as possible, using the wall for support, keep your body facing the wall. Repeat.



Useful contacts

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