

Facet Syndrome

Stiff Neck

What is it?

Stiffness in the joints of the neck.

What does it feel like?

Sharp pain or a feeling of the neck being stuck when turning your head or looking up. It is usually on one side of the neck.

What to do:

Stretch the stiff joints, do exercises for posture, and/ or change your work set-up

Exercises

1) Self SNAG (Rotation and Extension)



Hold towel at angle above ear and pull across to opposite shoulder. Make sure to hold other end of towel with opposite hand.

2) Cervical Retraction

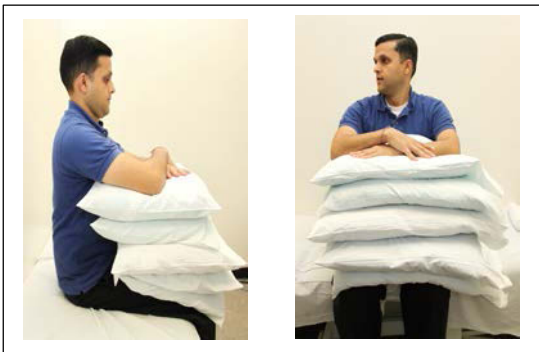


Tuck in chin and hold 5 seconds. Repeat 20 times.

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3.) Neck rotation with Unloading



Sitting with 3-4 pillows in your lap, turn head left then right. Make sure to sit up as you do this and keep chin slightly tucked
Repeat 20 times 2 x day