

INSTRUCTIONS:

For your operation, you should perform the following four exercises:

**FOR 10 COUNTS EACH, TWICE
DAILY, FOR 10 DAYS BEFORE AND
10 DAYS AFTER**

Exercises should be done until a gentle tension is felt.

Do not bounce or the muscle will tighten up more. It is important to return to the central position.

If you are being treated by a physiotherapist or doctor for neck pain then please seek their advice first before commencing these exercises.

THE NECK EXERCISES

1. FLEXION/ROTATION

(Sternocleidomastoid Muscle)



Tuck chin to chest.
Rotate to left, then centre, then right.
Repeat 10 times

2. FLEXION/EXTENSION

(Posterior Neck Muscles)



Tuck chin to chest (flexion).
Feel stretch in back of neck and then
push back (extension) as far as
possible.
Repeat 10 times

3. LATERAL SIDE BENDS

(Scalene Muscles and Upper Trapezius Muscle)



Place head to right side.
You can use right hand to add extra
stretch.
Lowering left shoulder will also intensify
stretch.
Repeat 10 times
Repeat on the other side.

4. LATERAL SIDE SHOULDER SHRUGS

(Trapezius Muscle and Levator Scapulae)



Elevate shoulders to neck.
Repeat 10 times

The Importance of Neck Exercises

Neck pain and stiffness is common following thyroid/parathyroid/parotid surgery. The neck is composed of vertebrae and ligaments that supply stability to the spine, and muscles that provide support and allow motion. The neck is very vulnerable because it is less protected than the rest of the spine, it supports the head, and it is very flexible.

During your surgery, the neck is extended (bent backwards) for the duration of the procedure which may be for several hours. This can cause muscle spasm which then leads to pain and tension in the neck. People with pre-existing neck problems such as cervical spondylosis or a previous whiplash injury are more susceptible.

Exercising the neck muscles before and after your surgery significantly reduces the risk of muscle strain and subsequent neck strain.

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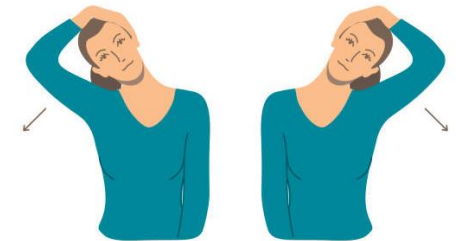
ENDOCRINE SURGICAL UNIT

Professor Stan Sidhu

NECK

EXERCISES

For thyroid, parathyroid & parotid surgery



Royal North Shore Hospital | Hornsby Hospital
| Sydney Adventist Hospital | Mater Hospital
| Baringa Hospital | Coffs Harbour Health
Campus | Gosford Private Hospital