

تمرینات مناسب جهت پیشگیری و درمان

تمرینات ناحیه گردن و شانه جهت پیشگیری از دیسک گردن و آرتروز

Neck Stretches

Trapezius Stretch

Take your left ear to your left shoulder. Hold gently for 10 seconds. Repeat both sides.



Trapezius stretch 2

Take your left ear to your left shoulder. Apply some extra pressure with your hand. Hold gently for 10 seconds. Repeat both sides.



Posterior Neck Stretch

Take your chin down towards your chest. Hold gently for 10 seconds.



Neck Rotation

Turn your head to look over your shoulder until you feel a gentle stretch. Hold for 10 seconds.



Isometric Strengthening

Push your head forwards against the resistance of your own hand. Hold 10 seconds. Repeat 3 times.



Isometric Strengthening

Push your head sideways against the resistance of your own hand. Hold 10 seconds. Repeat 3 times.



Contralateral Stretch

Pull on your left arm with your right hand. Tilt your head back and away from left shoulder. Hold 10 seconds. Repeat other side.



Deep neck muscle strengthening

Lying on your back, gently tuck your chin down towards your chest. Hold for 7 seconds. Repeat 3 times.



Stretch the neck



neckpainsupport.com

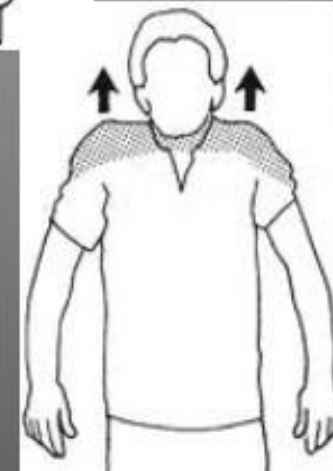
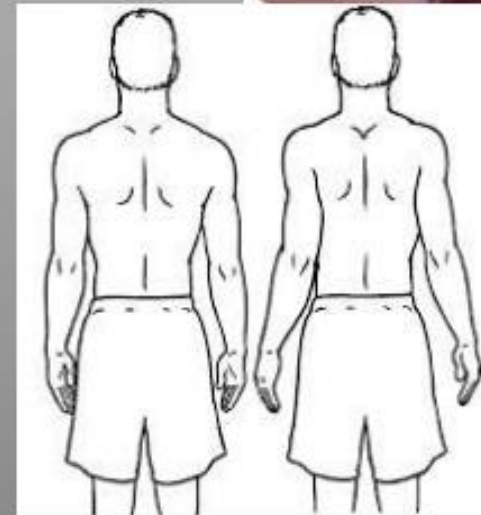
Workplace Exercises

- ▶ Upper Trap Stretch
 - Place one hand behind head
 - Other hand on side of head
 - Gently pull head down toward shoulder
 - Hold 10sec x 10times
- ▶ Levator stretch
 - Same hand positioning as one above
 - This time turn chin toward your armpit and pull in that direction
 - Hold 10sec
- ▶ Chin Retractions
 - As seen on previous slide



Workplace Exercises

- ▶ Door pec stretch
 - Find a door way and place your forearms along the frame with your arms bent at 90degrees
 - Lean in and hold for 20sec x 5times
- ▶ Shoulder Retractions
 - Sitting in chair, sit up nice and tall
 - Squeeze your shoulder blades back squeeze them together
 - Hold for 5sec 3x10
- ▶ Shoulder shrug
 - Sitting/Standing arms to your side, shrug your shoulders up, then rotate back, then down
 - 3x10



1



تمرین های صین کا





تمرینات قوز پشتی





لوردوزیس یا افزایش قوس کمر







Exercise 1



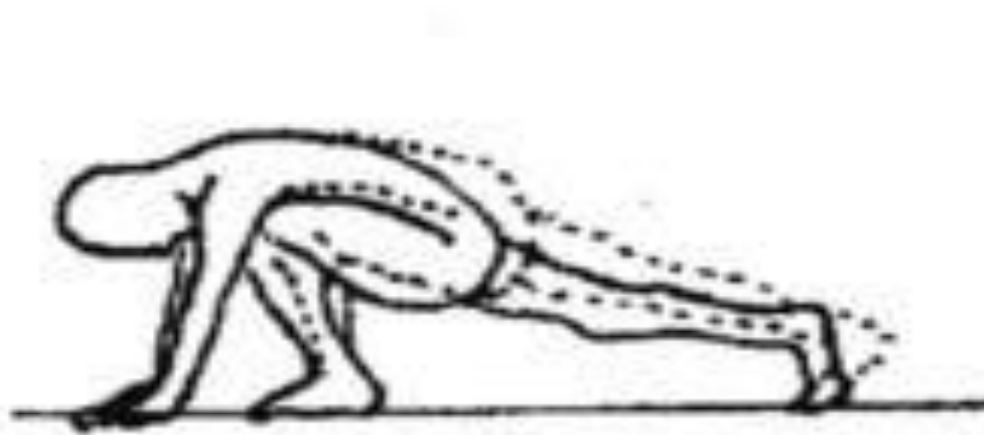
Exercise 2



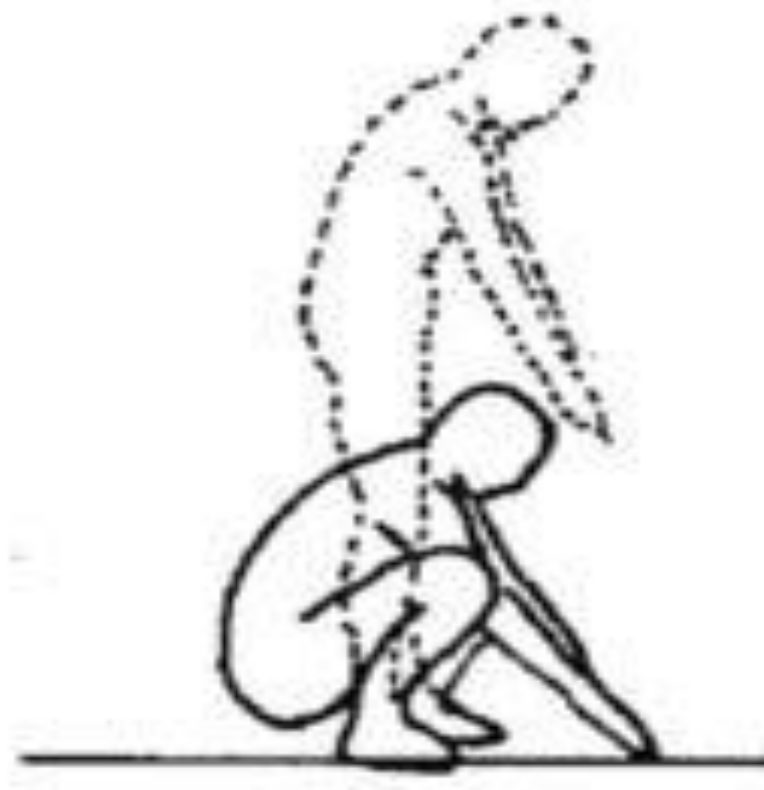
Exercise 3



Exercise 4



Exercise 5



Exercise 6

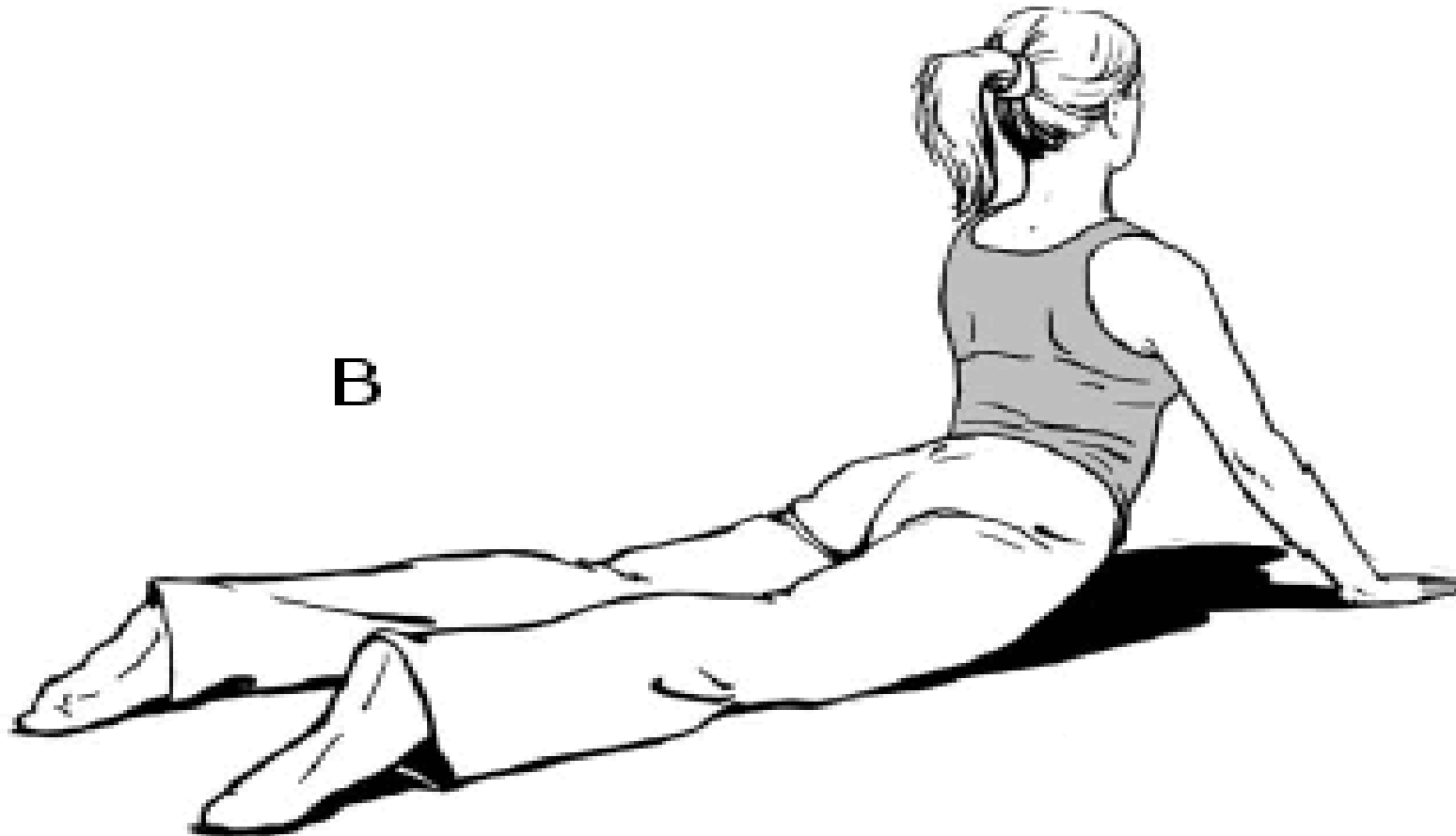
کمر درد ناشی از دیسک

www.NeckSolutions.com

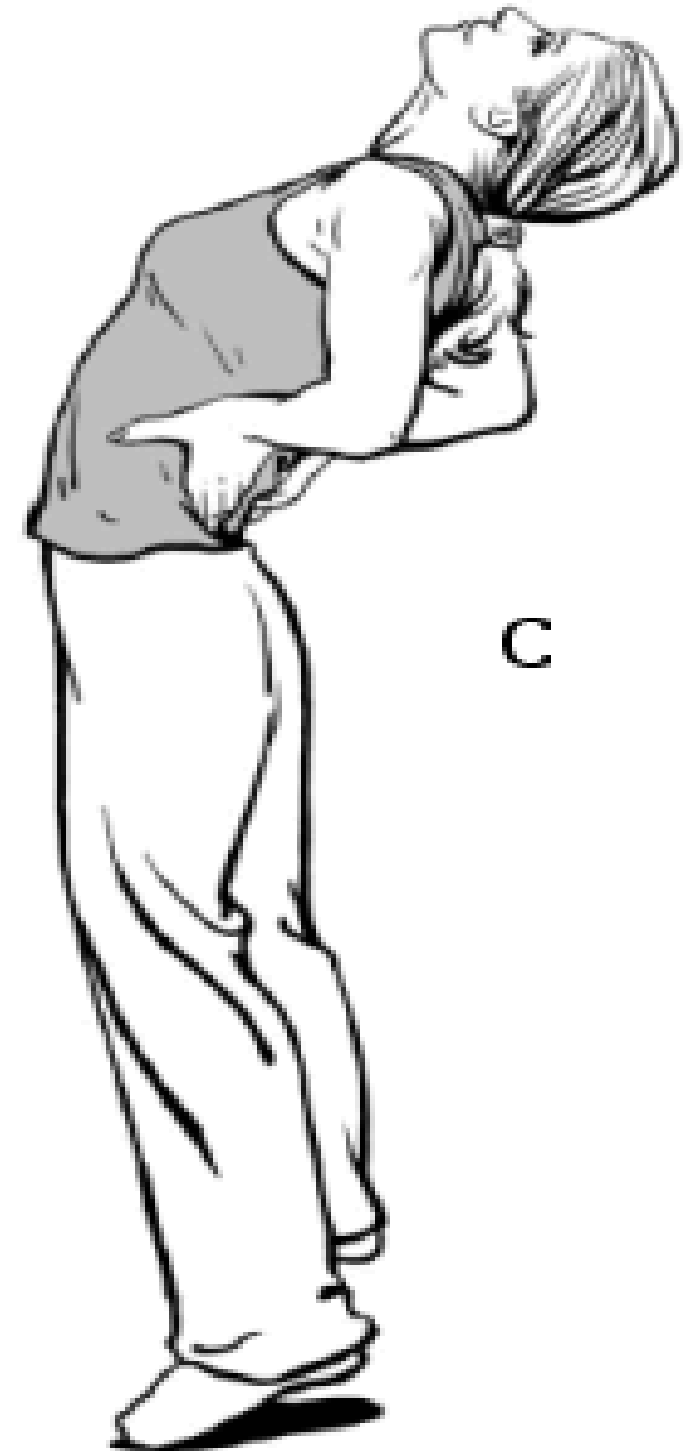
A



B



C





Quadruped arm/leg raise



Dead bug exercise

Herniated Disk Rehabilitation Exercises



Side Plank



Gluteal stretch



Extension exercise



Quadruped arm and leg raise



Dead bug





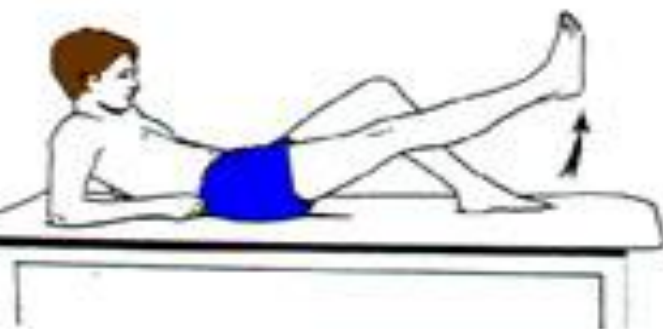
Quadricep Setting



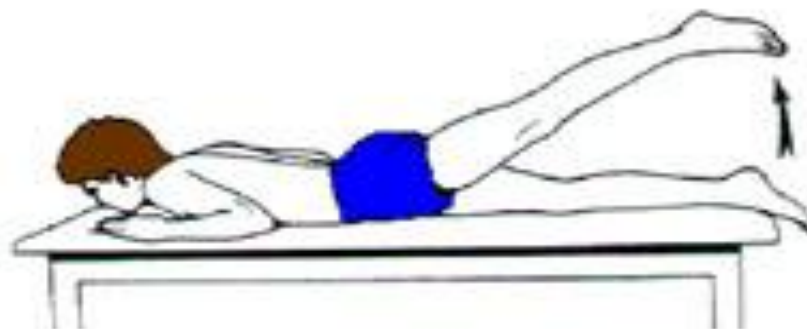
SQE



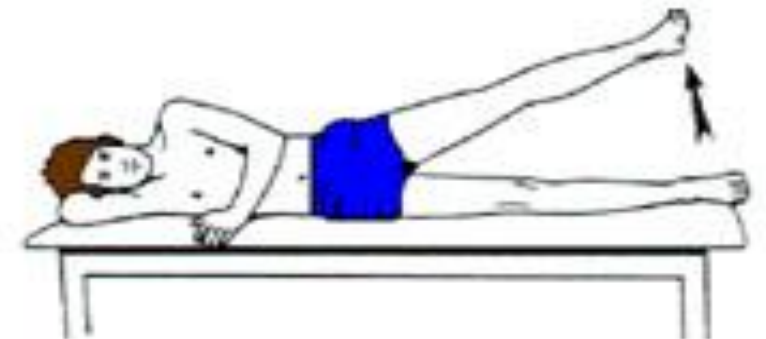
Ankle Foot Exercise



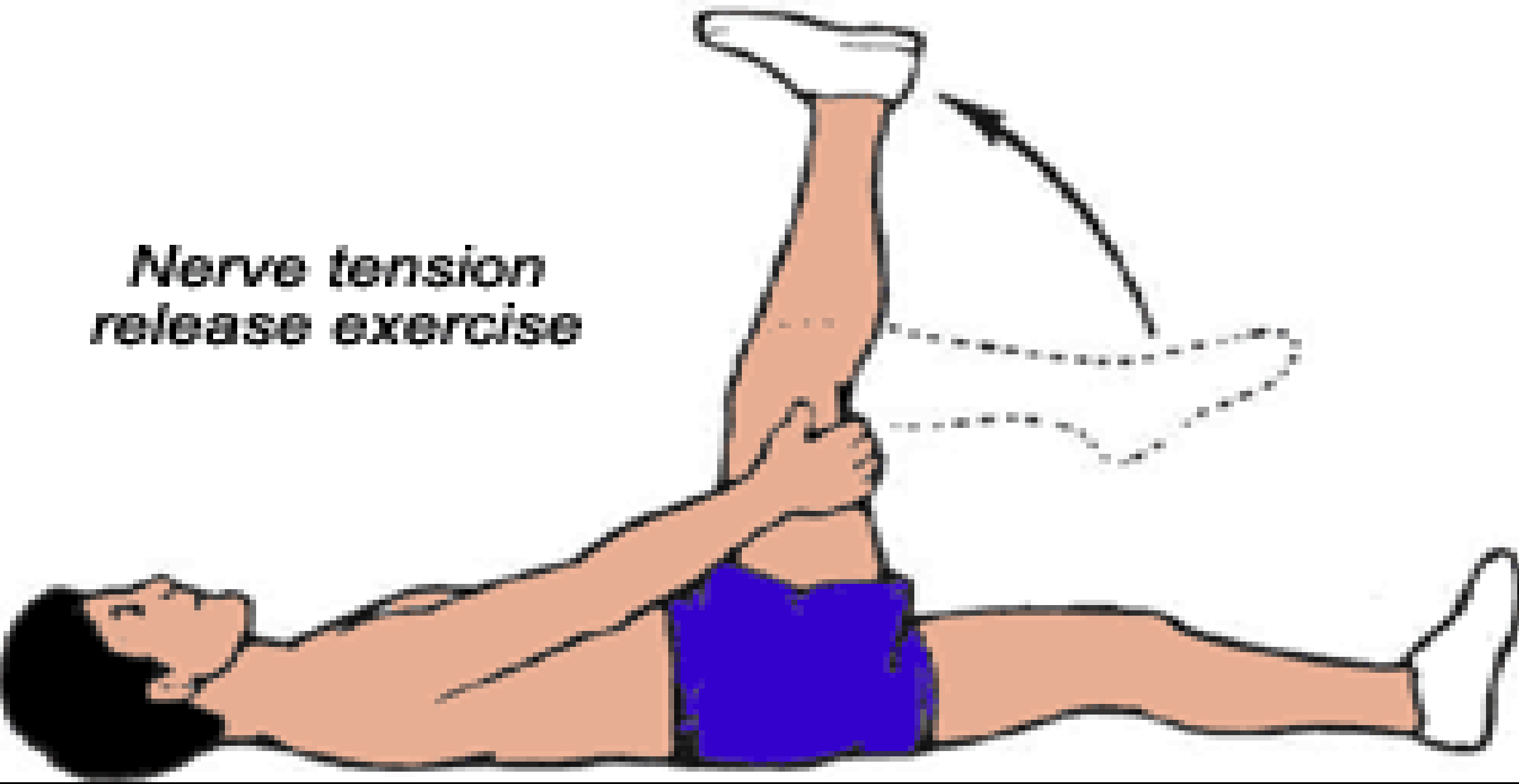
SLR Abductor



Gluteal



Nerve tension release exercise





با تشکر از توجه شما

دکتر مختاری نیا

دکتری فیزیوتراپی و ارگونومی

دانشیار دانشگاه علوم توانبخشی و سلامت اجتماعی