

## **Neck Exercises for Thyroid & Parathyroid Surgery**

Neck Pain & stiffness is common following thyroid surgery. The neck is composed of vertebrae, 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 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 after your surgery significantly reduces the risk of muscle strain and subsequent neck strain.

Exercise should be done until a gentle tension is felt. Do not bounce or the muscles with tighten up more. **It is important to return to the central position.**

Doing exercises can help you heal after your neck surgery. Follow these tips when doing your exercises.

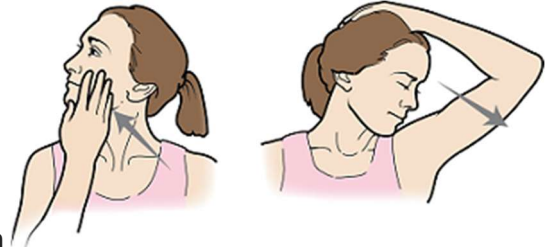
- Breathe normally and don't hold your breath during the exercises.
- Do the exercises slowly and smoothly. Avoid fast or jerky movements.
- You may want to check your movements in a mirror to make sure that you have good posture.
- Stop any exercise that causes you any pain, nausea, dizziness, swelling, or discomfort. If this happens, stop right away and call your doctor.

Do these exercises at least 2 times a day for at least 6 weeks or until you have full range of motion without pain.

## **EXERCISES**

### **Turning neck stretch**

1. Gently turn your head so you're looking up to the right. Place your right hand on your left cheek and



jaw. Apply mild pressure to give yourself a deeper stretch

2. Turn your head back to look down and to your left. Place your left hand on top of your head and gently apply pressure
3. Repeat these 10 times. Then repeat this movement in the other direction 10 times.

Consulting Locations:

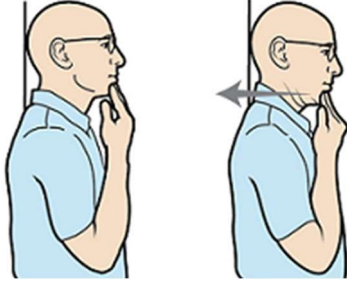
Suite 402, John Flynn Specialist Suites \* Suite 8, Ground Floor, HQ Building, 58 Riverwalk Ave, Robina

Operating Locations:

John Flynn Private Hospital \* Pindara Private Hospital \* Tweed Heads Public Hospital

### Chin tuck

1. Sit or stand with your back and head leaning against the wall for good posture.
2. Tuck your chin in and try to flatten the back of your neck against the wall



3. Return to the starting position & repeat 10 times.

### Side neck stretch

1. Sit or stand and point your right arm downward, place your left hand on the top of your head
2. Gently pull down your head to the left, to stretch the muscles on the right side of your neck



3. Hold for 30 seconds then release, repeat 5 times. Then repeat on the other side of your neck.



### Shoulder shrugs

1. Shrug your shoulders up toward your ears
2. Drop them down, repeat 10 times.

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