

## Neck Dissection Exercise Program for Patients

- This daily exercise program will help to prevent pain, stiffness and/or poor posture after your surgery.
- Do each exercise slowly and with control.
- Perform exercises in a **Pain Free** range.
- Maintain correct standing posture throughout.

### Correct Standing Posture

#### 1.

- Facing a mirror, make sure that your shoulders are symmetrical and not drooping on the operated side.
- In the correct standing position, your chin is tucked in, head is up, back is flat, and pelvis is slightly tilted back. Practice this position so it becomes comfortable for you.

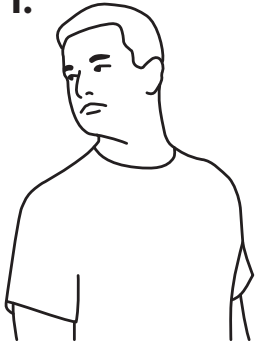


## Neck

### Neck Range of Motion

Repeat 10 times, 3 sets a day.

1.



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Turn to look over right shoulder.  
Repeat to look over left shoulder.

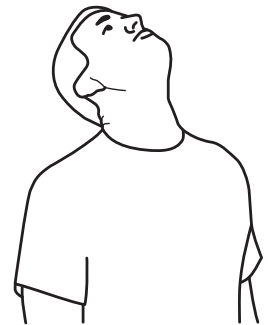
2.



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Tilt head to right shoulder.  
Keep opposite shoulder down.  
Repeat with left side.

3.



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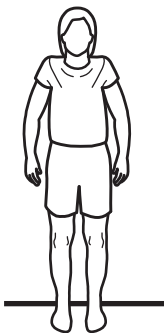
Curl chin towards chest.  
Look up towards ceiling.

## Shoulder

### Shoulder Range of Motion

Repeat 10 times, 3 sets a day.

1.



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Make circular motions with  
shoulders - up, down, forward,  
backward.

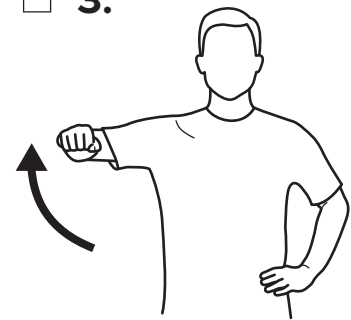
2.



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Slide arm up the wall as  
far as you can. Slowly slide  
back down.

3.



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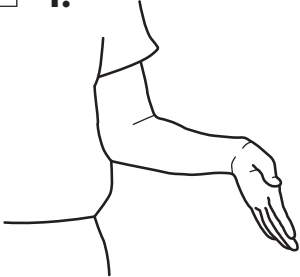
With your elbow bent to  
90 degrees, slowly lift  
your arm out to the side  
to shoulder level.

# Wrist

## Wrist and Hand Range of Motion

Repeat 10 times, 3 sets a day.

1.



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Draw circles with your wrist using your index finger as a pointer.

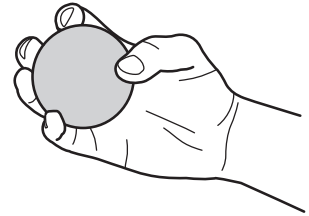
2.



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Bend your wrist upwards and downwards using your other hand to assist.

3.



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Squeeze a ball in your fingers as shown.

# Ankle

## Ankle Range of Motion

Repeat 10 times, 3 sets a day.

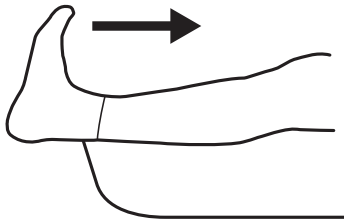
1.



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Sitting in a chair write the letters of the alphabet with your big toe.

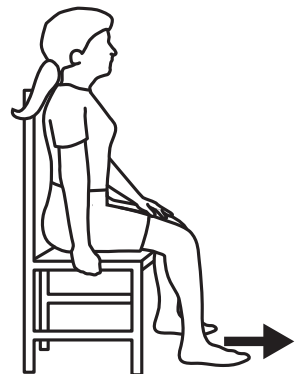
2.



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Sitting or lying on a bed, point your toes as far as you can, bending your ankle. Bring your toes towards your nose, bending as far as you can.

3.



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Slide one foot out in front and then slide back again.

# Exercise Log

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
<b>Correct Standing Posture</b>																													
1.																													
<b>Neck Range of Motion</b>																													
1.																													
2.																													
3.																													
<b>Shoulder Range of Motion</b>																													
1.																													
2.																													
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<b>Wrist and Hand Range of Motion</b>																													
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<b>Ankle Range of Motion</b>																													
1.																													
2.																													
3.																													



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