

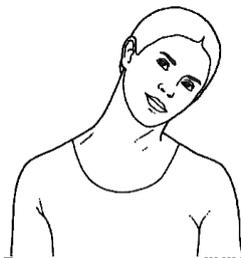
Head & Neck Cancer Team

Exercises following a neck dissection

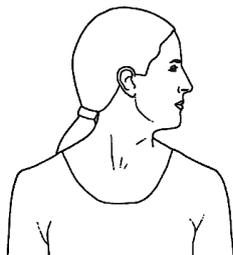
You may experience aching and stiffness in your neck and shoulder following your surgery. In order for you to regain ease of movement, you can teach yourself neck and shoulder exercises. These can begin, gently at first, after drain removal and should continue until a satisfactory range of motion is restored.

Neck and shoulder movements will be limited, and may be weak, after the surgery mainly due to swelling, the presence of drains, and the surgical clips. You will usually notice improvements when the swelling subsides and the drains and clips are removed; however, the degree of flexibility you can achieve is also dependent on the extent of the surgery performed.

These exercises are best done gently at first, with a few repetitions each time, but regularly during the day. Doing too many repetitions may make you very sore. Your body will tell you if you are doing too much.



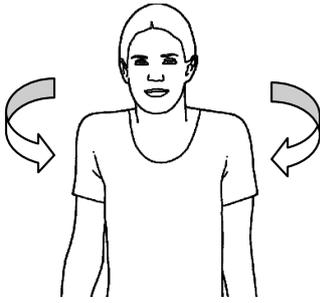
In a sitting position, tilt your head towards one shoulder until you feel the stretch on the opposite side. Hold approximately 5 seconds. **Repeat 5 times to either side.**



In a sitting position, turn your head to one side until you feel a stretch. Hold approximately 5 seconds. **Repeat 5 times to either side.**



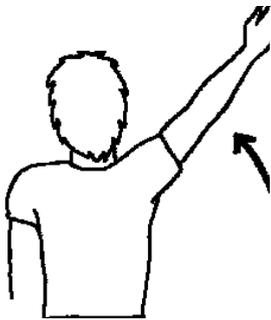
Patient Information



In a sitting or standing position, lift and roll your shoulders forwards, then backwards alternately. **Repeat 10 times.**



In a sitting position, lift your arm up forwards, letting your thumb lead the way. **Repeat 5 times.**



In a sitting position, lift your arm up sideways with your thumb leading the way. **Repeat 5 times.**

You can speak to your Macmillan skin cancer nursing team on **024 7696 6085** if you have any questions or are experiencing any problems after your surgery.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact the plastic surgery department on **024 7696 5225** and we will do our best to meet your needs. The Trust operates a smoke free policy.

Document History

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