



Neck Pain (Cervicalgia): Physiotherapy Assessment and Exercise Program (PDF)

If you are reading this guide, you are probably living with neck pain that limits you, bothers you, or causes concern. The first thing we want to tell you is this: **you are not broken, and you are not alone.** Neck pain is a very common condition and, in the vast majority of cases, it is not dangerous — even though it can be persistent and significantly affect daily life, sleep, and confidence in movement. In most cases, neck pain has a **mechanical or muscular origin**, or a combination of both.

Understanding how your neck moves and reacts is the first step toward choosing the most appropriate rehabilitation approach.

Understanding neck pain

Neck pain is a very common condition and can present in different

In most cases, symptoms are related to how the cervical spine moves, adapts, and responds to daily loads.

This guide helps you understand:

- how your neck behaves
- which factors may be contributing to your symptoms.
- why a **structured and individualized approach matters**

Understanding the problem is the first step before choosing any exercise.

Guided assessment before exercises

Before starting any exercise, the guide walks you through a series of **simple questions** and **physical tests**.



Choose the protocol that fits your neck presentation

After the assessment, the guide helps you choose the most appropriate protocol for your neck pain.

Protocol A— Compression-based approach

Indicated when neck pain is mainly influenced by joint loading, postural compression, or sustained positions.

Protocol B— Tension-based approach

Indicated when symptoms are mainly related to muscular or neural tension, stiffness, or limited movement tolerance.

Mixed protocol

Used when both compression and tension components are present and need to be addressed together.

Targeted exercises based on your protocol

Exercises are selected according to the chosen protocol and progressed gradually. Each exercise focuses on improving movement quality, tolerance, and control.



Exercises are shown with clear photos and videos to ensure correct execution.

Are you ready to start your path to recovery?

- ✔ Unlock a structured and personalized physiotherapy program tailored to your neck needs.
- ✔ Reduce pain and regain confidence in everyday movements.
- ✔ Get **professional guidance** and strategies used by qualified physiotherapists.

Take the first step today 🖱️ **Download the full guide**

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