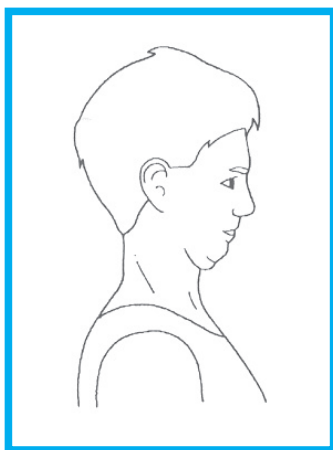


Neck Exercises

C1

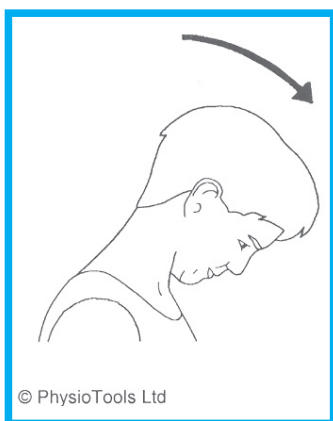
Do these exercises when sitting down **_4_ x day**



1. Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position, feeling a stretch in your neck.

Hold **_3_** seconds

Repeat **_3_** times

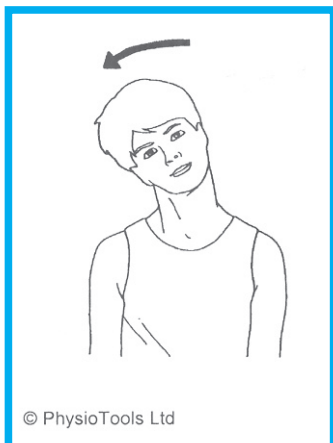


2. Bend your head forward until you feel a stretch in the back of your neck.

Hold **_3_** seconds

Repeat **_3_** times

© PhysioTools Ltd



3. Tilt your head toward one shoulder until you feel a stretch on the opposite side.

Hold **_3_** seconds

Repeat **_3_** times on each side.

© PhysioTools Ltd



4. Bend your head backwards as far as possible.

Hold 3 seconds

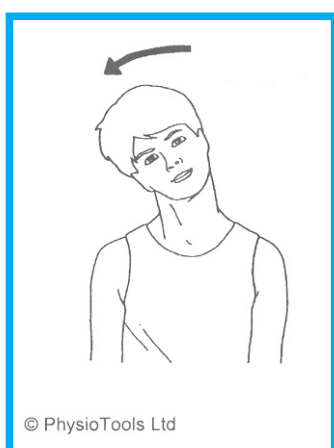
Repeat 3 times



5. Turn your head to one side until you feel a stretch.

Hold 3 seconds

Repeat 3 times on each side.



6. Sit up / stand up straight.

Lift your shoulders towards your ears. Roll your shoulders backwards and downwards then back to the starting position.

Repeat 5 times then change direction and repeat.

It may be useful to combine these exercises with some heat before or after.

If you experience any dizziness or increase in arm symptoms during an exercise – stop the one/s you think may be causing it until you discuss with the physiotherapist.

