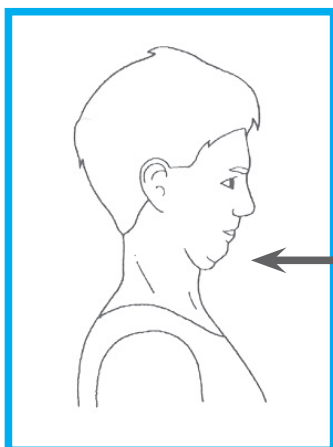


## Neck Exercises

C1

**Do these exercises when sitting down 1-2 x day**

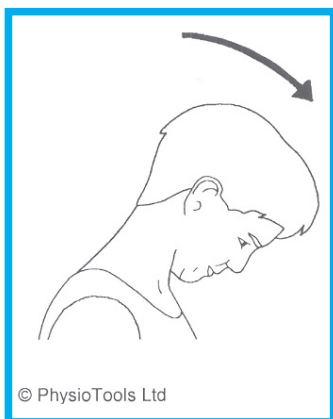


1. Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position, feeling a stretch in your neck.

You may find it easier to do these exercises lying down, if so place a pillow under your head and gently tuck your chin in and hold (see videos)

Hold 5 - 10 seconds

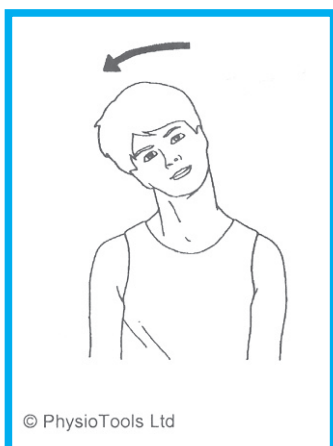
Repeat 5 times



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

Hold 5-10 seconds

Repeat 3 times

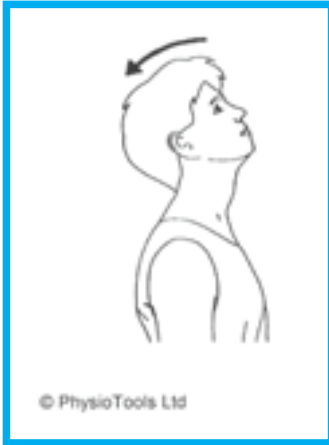


3. Tilt your head toward one shoulder until you feel a stretch on the opposite side.

Hold 10 seconds

Repeat 3 times on each side.

## Do these exercises when sitting down 1-2 x day



4. Bend your head backwards as far as possible.

Hold 5-10 seconds

Repeat 3 times



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

Hold 10 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 10 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.**