

BASIC NECK EXERCISES



Each exercise should be repeated 10 times, twice a day as a minimum. The more you move your neck the better! You may nudge at the pain but do not push through it.

Extension

Look up as far as you can. Use your hand to encourage extra movement at the neck.



Flexion

Look down as far as you can. Use your hand to encourage extra movement at the neck.



Rotation

Turn your head to the side as far as you can. Use your hand to encourage extra movement at the neck. Repeat on the other side.



Side flexion

Keeping your nose pointed forwards, tilt your ear towards your shoulder as far as you can. Use your hand to encourage extra movement in the neck. Repeat on the other side.

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Strengthening

Each exercise should be repeated 10 times, once a day.

Chin tucks

Start facing forwards. Move your chin backwards whilst keeping your neck as straight as possible.



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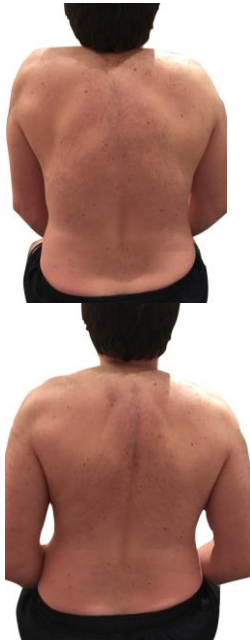
W-lift

Lie on your front. Place your arms into a “W” position and lift your head and neck off the floor. If this feels comfortable you can lift your arms as well.



Shoulder shrugs

Lift your shoulders up towards your ears and hold for 5-10 seconds.



Shoulder blade squeezes

Squeeze your shoulder blades together and hold for 5-10 seconds.