

## NECK EXERCISE SHEET

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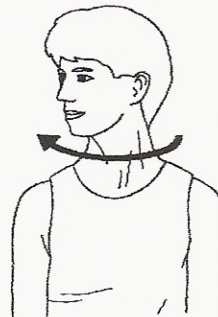


Sitting.

Tilt your head toward one shoulder until you feel the stretch on the opposite side. Hold approx. 5 secs. Repeat to other side.

Repeat 10 times.

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Sitting.

Turn your head to one side until you feel a stretch. Hold approx. 1 sec. Repeat to other side.

Repeat 15 times.

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Sitting straight-backed.

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

Repeat 15 times.

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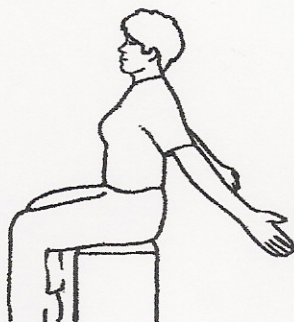


Sit or stand.

Roll your shoulders in both directions.

Repeat 15 times.

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Sit with your back straight and feet firmly on the floor.

Pull your shoulder blades together while turning your thumbs and hands outwards.

Repeat 15 times.

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Sit on a chair and clasp your arms on your chest.

Turn your shoulders and look behind you and up, breathe in. Then relax and face forward while breathing out.

Repeat 10 times.

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- START THE EXERCISES GENTLY, THE REPETITIONS ARE A GUIDE
- AIM TO PERFORM THE EXERCISES MORNING, LUNCH AND EVENING
- IF THE EXERCISES MAKE THE PAIN WORSE, STOP FOR 2-3 DAYS
- START AGAIN VERY GENTLY, IF THEY STILL MAKE THE PAIN WORSE SEEK ADVICE AS NECESSARY