



Physiotherapy Department

Personal Exercise Programme

Neck, Simple Mobility

Date : 16/03/2001



Avoid sustained poor neck positions. Interrupt periods of immobility with some of the simple exercises / movements.



Sitting.

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

Repeat ___ times.

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Sitting straight-backed.

Pull your chin in. At the end position take hold of your chin with your hands. Push your chin carefully further backwards. Hold for a moment and feel the stretch in your neck.



Sitting.

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

Repeat ___ times.

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Sitting.

Bend your head forward until you feel a stretch behind your neck. Hold approx. ___ secs.

Repeat ___ times.



Lying face down.

Tuck your chin in and lift your forehead and nose 1 cm off the floor/bench. Hold ___ secs. Relax.

Repeat ___ times.

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