



CHIN TUCK AGAINST WALL

Start with your head relaxed against a wall. From this position, slide the back of your head up the wall slightly so that your chin tucks in. Relax and repeat.

SETS & REPS: 10 reps

FREQUENCY: 3 x day

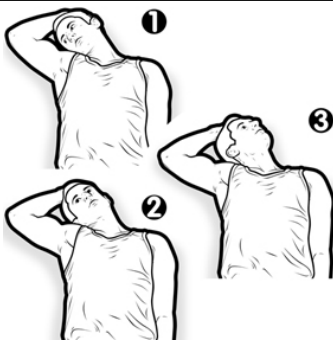


UPPER TRAPEZIUS STRETCH

Sitting, grasp under your chair and depress your shoulder. Side bend your head AWAY from the shoulder being stretched and slowly rotate your head TOWARDS the side being stretched until you feel a stretch. Hold.

SETS & REPS: 30 sec hold

FREQUENCY: 2-3 x day



SCALENI STRETCH

Lie on your back with the hand of the side to be stretched anchored beneath your buttock (1). Side bend and turn your head towards your opposite shoulder. Grasp your head and apply gently overpressure with your opposite hand. Hold (2). Repeat stretch with your face looking forward (3) and turned towards the side being stretched (4). Repeat on the opposite side.

SETS & REPS: 3 x 30sec hold

FREQUENCY: 2-3 x day



NECK FLEXION

While sitting, bend your head forwards taking your chin to your chest then return to the start position.

SETS & REPS: 20 reps

FREQUENCY: Daily



NECK EXTENSION

While sitting, look upwards as far as possible then return to the start position.

SETS & REPS: 20 reps

FREQUENCY: Daily



LEFT NECK SIDE FLEXION

Tilt your head down to the left side as far as you can. Ensure you do not also rotate your head to the left.

SETS & REPS: 20 reps

FREQUENCY: Daily



RIGHT NECK SIDE FLEXION

Tilt your head down to the right as far as you can. Ensure you do not also rotate your head to the right.

SETS & REPS: 20 reps

FREQUENCY: Daily



LEFT NECK ROTATION

Rotate your head to the left as far as you can. Ensure you do not side bend your head to the left during the movement.

SETS & REPS: 20 reps

FREQUENCY: Daily



RIGHT NECK ROTATION

Rotate your head to the right as far as you can. Ensure you do not side bend your head to the right at the same time.

SETS & REPS: 20 reps

FREQUENCY: Daily