

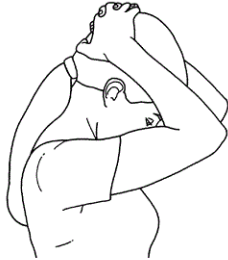


Personal exercise program

Neck Exercises

New Forest Physiotherapy Southampton
40 Kingfisher Way, Marchwood, Southampton SO40 4XS
www.newforestphysio.co.uk, T: 023 8008 9120

Provided by Chartered Physiotherapist Adam Smith-Connor
Provided for
Training start date 11/20/2024



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Repeat these neck exercises 4 or 5 times per day. You might get mild neck discomfort when exercising, but please stop the stretch if you get severe neck pain, pin and needles or numbness down into your arms or hands

Sitting with your hands clasped behind your head.

Bend your head forward until you feel a stretch behind your neck. Gently pull your head further forward. Hold approx. 10 secs.

Repeat 3 times.



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Sitting.

Turn your head to one side until you feel a stretch. Using your hand gently push your head further round. Hold approx. 10 secs. Repeat to other side.

Repeat 3 times.

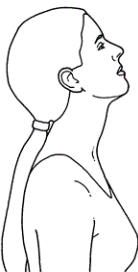


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Sitting.

Place one hand behind your back. Tilt your head toward the other shoulder until you feel the stretch on the opposite side. Using your hand gently pull your head further to the side. Hold approx. 10 secs. Repeat to other side.

Repeat 3 times.



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Sitting.

Bend your head backwards as far as is comfortable.

Repeat 3 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 10 times.



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Shrug your shoulders up towards your ears and roll them around. Relax.

Repeat 10 times.
