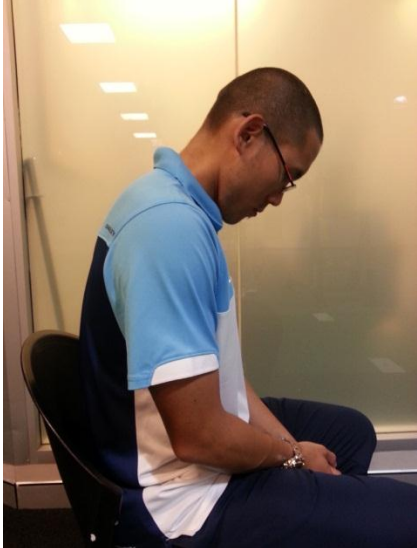










Neck Exercises

Exercise	Image	Instructions
<p>The Prayer (forward flexion)</p>		<ol style="list-style-type: none"> 1. Take your chin down towards your chest. Hold gently for 5 seconds 2. Perform 10-15 reps, 2-3 times daily
<p>Head rotations</p>		<ol style="list-style-type: none"> 1. Turn your head to look over your shoulder until you feel a gentle stretch. 2. Hold for 5 seconds. Perform 10-15 reps each side, 2-3 times daily.
<p>Head tilt (lateral flexion)</p>		<ol style="list-style-type: none"> 1. Take your left ear to your left shoulder. 2. Apply some extra pressure with your hand. Hold gently for 5 seconds. 3. Perform 5-10 reps each side, 2-3 times daily.

<p>Chin Tucks (deep neck flexors)</p>		<ol style="list-style-type: none"> 1. Whilst keeping your head up and facing forward, tuck your chin in. Push down gently on your chin if necessary to assist with activation deep neck flexors. Hold for 15-20 seconds. 2. Perform 5-10 reps, 2-3 times daily. <p>Tip - Try not to tense up all your muscles and skin in your neck. The movement should be subtle. Place your tongue on the roof of your mouth, and avoid clenching your teeth.</p>
<p>Head protractions (Isometric Strengthening)</p>		<ol style="list-style-type: none"> 1. Push your head forward against the resistance of your own hand. Hold for 5 seconds. 2. Perform 10-15 reps, 2-3 times daily.
<p>Head rotations (Isometric Strengthening)</p>		<ol style="list-style-type: none"> 1. Push your head sideways against the resistance of your own hand. Hold for 5 seconds. 2. Perform 10 reps each side, 2-3 times daily.

<p>Head retractions (Isometric Strengthening)</p>		<ol style="list-style-type: none"> 1. Push your head back against the resistance of your own hand. Hold for 5 seconds. 2. Perform 10-15 reps, 2-3 times daily.
<p>Chin tucks lying down (deep neck flexors)</p>		<ol style="list-style-type: none"> 1. Lie on your back with a towel supporting your neck. 2. Gently tuck your chin inward. It should be a subtle movement engaging the deep muscles of the neck (your skin should not be tensed up). Aim to bring your head and neck to a neutral position. 3. Hold position for 20-30 seconds. Perform 3-6 reps.
<p>Upper back stretch</p>		<ol style="list-style-type: none"> 1. Hold onto a stable point with both hands at around chest height. Hands can be facing together or downwards. 2. Lean back and bring your shoulders forward until you feel a slight stretch in your upper back region. 3. Hold for 15-20 seconds.