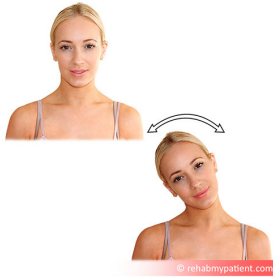


**Exercise plan:**  
**Neck Exercises**

**Patient:**  
**Parkside Group Practice Patient \_**

**Date:**  
**03rd Nov 2016**



**Neck side flexion mobilisation**

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Now repeat to the right. Keep the movement gentle and rhythmical. This exercise will help improve mobility to your neck.

**Repeat 10 times | Perform 2 times daily**

<http://youtu.be/MpUIDH-atys>

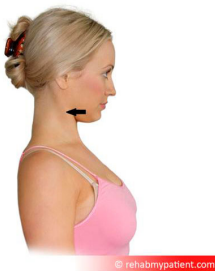


**Neck rotation**

Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder and back relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

**Repeat 10 times | Perform 2 times daily**

[http://youtu.be/UbHEH6t\\_OJQ](http://youtu.be/UbHEH6t_OJQ)



**Neck retraction**

Pull your head back as far as comfortable and down slightly. You will feel some gentle tension at the front and back of your neck. This exercise will help your neck and upper back posture.

**Repeat 10 times | Perform 2 times daily**

<http://youtu.be/VYcifC6BFgc>



**Chair rotation**

Sitting down in an upright position, rotate your upper body by moving your hand towards the opposite side of the chair back-rest. You can let the head follow, but progress by keeping the head straight forwards, thus making the rotation stronger. This is a great exercise to do while sitting for long periods of time if you feel your back is getting stiff.

**Repeat 10 times | Perform 2 times daily**

<http://youtu.be/BINhowQbyA8>



**Standing scapular strengthening**

Stand up tall, with good posture. Place your arms just out from your side, and palms facing forwards. Squeeze your shoulder blades together as you draw your arms back. Let your chest and rib cage expand. You should feel a tightening of the muscles at the bottom of your shoulder blades. This exercise will strengthen your lower trapezius muscle and rhomboid muscles, and help with posture.

**Repeat 10 times | Perform 2 times daily**



**Neck side flexion overstretch**

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Use your hand to gently pull your head a little further, creating a stretch on the opposite side of your neck. Now repeat to the right. This exercise will help improve mobility to your neck.

**Repeat 10 times | Perform 2 times daily**

<http://youtu.be/fA08D3nj-hs>

Dear Parkside Group Practice Patient, Please stop any exercise that causes pain. Email us if there are any questions. Thanks and Good Luck!