

## Physiotherapy Home Exercise Hand-Out

# Pressure Stretches in Sitting

### Exercise Picture



### Description

#### Cervical Spine Flexion

1. Sitting on a supportive chair, with your feet flat on the floor, knees bent to 90 degrees and hip distance apart. Sit up tall and gently draw your shoulder blades back and down.
2. Look down, gently taking your chin towards your chest. Keep the mid portion of your spine still, so the movement is purely coming from your neck.
3. Hold, then relax and return to the starting position
4. During this exercise you may feel a stretch at the

**Repetitions:**

**Hold:**

**Sets:**

**Daily/Weekly:**

#### Cervical Spine Side Flexion Over Pressure Stretch

1. Sitting on a supportive chair, with your feet flat on the floor, knees bent to 90 degrees and hip distance apart. Sit up tall and gently draw your shoulder blades back and down.
2. Tilt your head left/right, taking your ear down towards your shoulder.
3. Keep your shoulders relaxed throughout and do not move your body.
4. You should feel a stretch in your neck and shoulder muscles on the opposite side.

**Repetitions:**

**Hold:**

**Sets:**

**Daily/Weekly:**





### Cervical Spine Rotation Over Pressure Stretch

1. Sitting on a supportive chair, with your feet flat on the floor, knees bent to 90 degrees and hip distance apart. Sit up tall and gently draw your shoulder blades back and down.
2. Gently turn your head to look left/right, towards your shoulder.
3. Hold, then relax and return to the starting position.
4. You may feel a stretch in the neck and shoulder muscles opposite to the direction your head is turned.
5. Ensure you keep the upper back and shoulders still; the movement should be purely coming from your neck

**Repetitions:**

**Hold:**

**Sets:**

**Daily/Weekly:**

## Web Address for further advice and exercise:

<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

Scan the QR code below to take you to our website.



**If you have any comments about this leaflet or the service you have received you can contact :**

Physiotherapy Department  
Huddersfield Royal Infirmary

Telephone: 01484 342434 or 01484 905380

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"