Physiotherapy Home Exercise Hand-Out

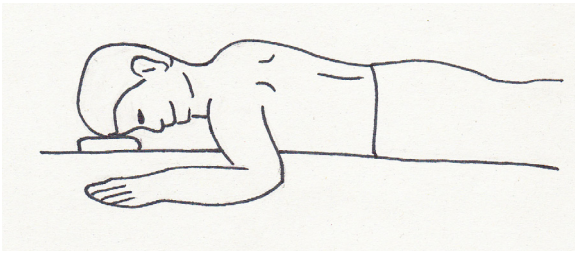
Neck Strength and Stability Exercises



Picture courtesy of Physiotec

Seated Chin Tucks Standing

1. Standing tall. with your feet flat on the floor, knees soft and hip distance apart. Gently draw your shoulder blades back and down.
2. Gently draw your chin backwards, tucking your chin in. Imagine the top drawer of a filing cabinet closing, or giving yourself a double chin.
3. Hold, 5-10 seconds, then relax and return to the starting position. Repeat until tired/ fatigued.
4. You may feel a stretch at the back of the neck, and the muscles at the front working.
5. Ensure you do not move your shoulders during the exercise.

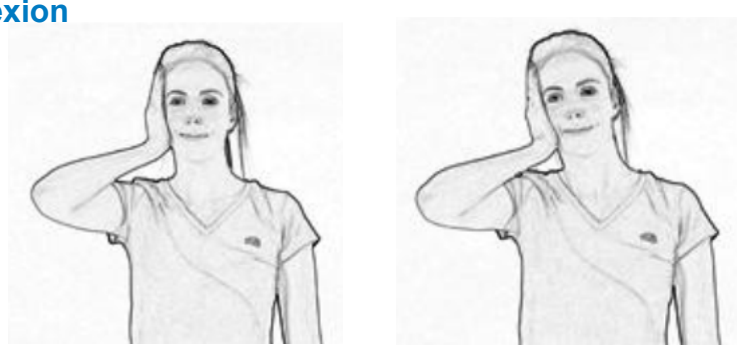




Swan Dive – Level 1

1. Lying on your front, gently draw your tummy in towards your spine and gently squeeze your buttocks to reduce the arch in your lower back. Place your hands by your sides.
2. Perform a chin nod – gently tuck the chin in, like giving yourself a double chin. Keep facing the floor, and avoid looking in front of you.
3. Hold 5- 10 seconds, then relax and return to the starting position. Repeat until tired/ fatigued.
4. During this exercise you may feel a stretch at the back of your neck.

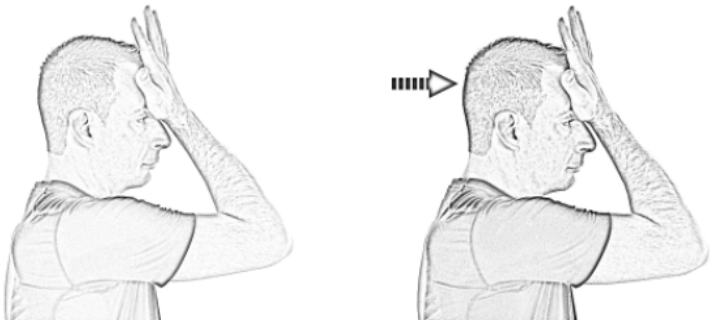
Isometric side flexion



Picture courtesy of Physiotec

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.
   Slightly tilt your head to the left/right, taking your ear down towards your shoulder. Keep your shoulders relaxed throughout
2. Place your hand above your ear (which is closest to your shoulder) and push your head side ways into your hand. Use your hand to resist the movement.
3. Hold the contraction 5-10 seconds
4. Relax and return to the start position. Repeat until tired/ fatigued.

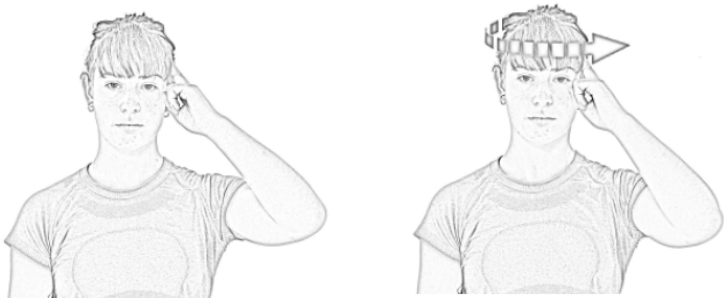
Isometric flexion



Picture courtesy of Physiotec

1. Slightly tilt your head downwards, so that your chin is towards your chest.
2. Place your hand on your forehead and push your head into your hand, use your hand to resist the movement.
3. Hold the contraction 5-10 seconds
4. Relax and return to the start position. Repeat until tired/ fatigued.

Isometric rotation



Picture courtesy of Physiotec

1. Slightly rotate your head to the left/ right.
2. Place your hand on the side of your head/ forehead and turn your head into your hand, use your hand to resist the movement.
3. Hold the contraction 5-10 seconds
4. Relax and return to the start position. Repeat until tired/ fatigued.

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

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

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉੱਪਰੋਕਤ 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"