

# Mobility and Stretching Exercise for the Neck



Picture courtesy of Physiotec

## Flexion Stretch

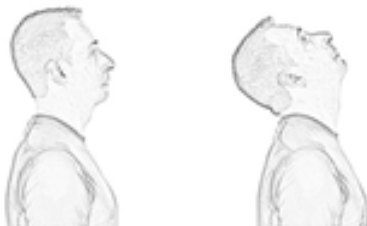
Look down, taking your chin towards your chest.  
You will feel a stretch.  
Return slowly to the start position after each stretch.



Picture courtesy of Physiotec

## Side Flexion

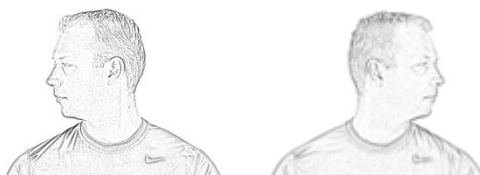
Tilt your head, taking your ear down towards your shoulder.  
You will feel a stretch.  
Return slowly to the start position after each stretch.



Picture courtesy of Physiotec

## Extension

Look up, taking your chin towards the ceiling.  
You will feel a stretch  
Return slowly to the start position after each stretch.



Picture courtesy of Physiotec

## Rotation Stretch

Sit tall. Look left / right.  
You will feel a stretch  
Return slowly to the start position after each stretch.

## Mobility

Mobility exercises are designed to improve flexibility round a joint and improve joint lubrication. Repetitions are down to individual preference; however a guide would be 5 - 10 repetitions slowly, regularly through the day, 2 - 4 times.

## Stretches

Stretches are designed to increase soft tissue flexibility. We recommend holding the stretch for 10 - 30 seconds, repeated three times, and repeated throughout the day, 2 - 4 times. You may lessen this initially to aid comfort.

## Web Address:

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

## QR Code:

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

MSK Physiotherapy Admin Office: 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

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ 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"