

# Neck Stretches with Over Pressure

## Exercise Picture



Picture courtesy of Physiotec

## Description

### Cervical Spine Flexion

1. Sitting on a supportive chair, with your feet flat on the floor 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. Increase the stretch, by placing your hands at the back of your head and applying a gentle downwards pressure with your hands.
4. Hold for 10 - 30 seconds, then relax and return to the starting position. Repeat 3 times.

### Cervical Spine Side Flexion Over Pressure Stretch



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.
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. Increase the stretch, by placing your hand at the side of your head and applying a gentle sideways pressure with your hands.
5. You should feel a stretch in your neck and shoulder muscles on the opposite side.
6. Hold for 10 - 30 seconds, then relax and return to the starting position. Repeat 3 times.



Picture courtesy of Physiotech

### 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. You can increase the stretch, by placing your hand on your chin, place gentle pressure through your chin.
4. Ensure you keep the upper back and shoulders still; the movement should be purely coming from your neck
5. You may feel a stretch in the neck and shoulder muscles opposite to the direction your head is turned.
6. Hold for 10 - 30 seconds, then relax and return to the starting position. Repeat 3 times.

## 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 :**

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

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

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