

Cervical Spine Mobility Exercises



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.



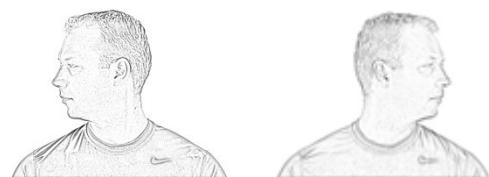
Picture courtesy of Physiotec

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.

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