

Mobility and Stretching Exercise for the Neck



Picture courtesy of Physiotec

Flexion Stretch

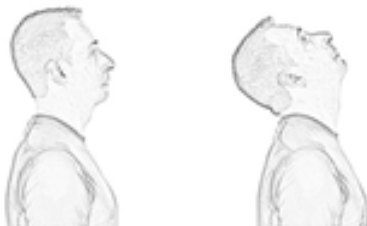
Look down, taking your chin towards your chest.
You will feel a stretch.
Return slowly to the start position after each stretch.



Picture courtesy of Physiotec

Side Flexion

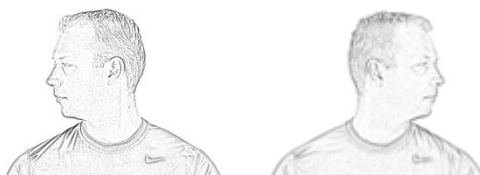
Tilt your head, taking your ear down towards your shoulder.
You will feel a stretch.
Return slowly to the start position after each stretch.



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:

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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

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

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"