



Exercises to restore correct neck posture

Supine Neck Extensions

- Lying on your back with your head hanging off the edge of a bed/couch/table.
- Extend your neck so that you are in the same position as the man below.
- Hold this position for 1-2 minutes.



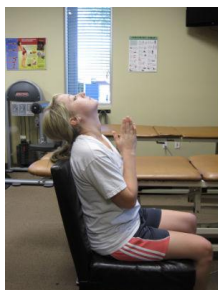
Prone Neck Extensions

- Lying on your stomach with your head off the edge of the bed/couch/table.
- Extend your neck so that you are looking straight ahead.
- Return to the starting position. Perform 3x10 repetitions.



Sitting Neck Extensions

- In the seated position look up to the roof until you feel a stretch.
- Hold this position for 30 seconds. Repeat 3 times.



Chin Tuck

- Sitting or standing position
- Retract your chin as though you are trying to make a 'double chin'.
- Hold for 10-30 seconds. Repeat 3 times.



Anterior Scalene Stretch

- Tilt your head to the side as though you are trying to touch your ear to your shoulder.
- Turn your head as though you are trying to look at the roof.
- Use your hand to increase the stretch by gripping onto the opposite side of your head.
- Sit on the opposite hand or use it to grip onto a chair to increase the stretch further.
- Hold for 30 seconds. Repeat 3 times each side.



Resisted Neck Extension (pillow)

- Lie on your back with a pillow underneath your head.
- Extend your neck and press the back of your head down into the pillow.
- Hold for 30 seconds. Repeat 3 times



Dennerol

- Instructions for Dennerol use are available from your practitioner.