

Apply a heat pack for 10-20 minutes.

Stretches

Upper Trapezius Stretch

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



Levator Scapulae 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 smell your arm pit.
- Use your hand to increase the stretch by gripping onto the opposite side of your head.
- Sit on the opposite had or use it to grip onto a chair to increase the stretch further.
- Hold for 30 seconds. Repeat 3 times each side.



Exercises

Anterior Scalene

- 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 to the roof.
- Use your hand to increase the stretch by gripping onto the opposite side of your head.
- Sit on the opposite had or use it to grip onto a chair to increase the stretch further.
- Hold for 30 seconds. Repeat 3 times each side.

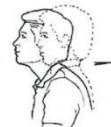


Sub occipitals

- 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.

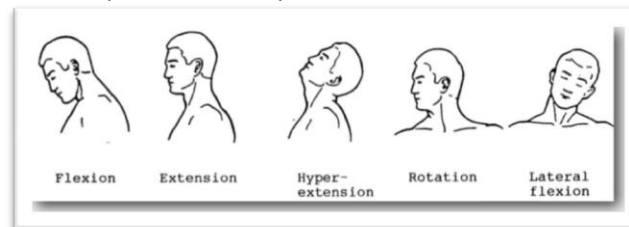


CHIN TUCKS
Pull head straight back,
keeping eyes and jaw level.
Hold seconds.



Mobilisation

- In the standing or sitting position.
- First look down to the ground then up to the roof.
- Look to your left and then to your right.
- Tilt your head to the left and then to the right.
- Repeat 3 times
- To increase the stretches in each direction apply overpressure with your hand.



Neck Movement with Resistance

Neck Flexor Endurance

- Lay on your back
- Retract your chin as to make a 'double chin'
- Lift your head 2-3cm off the table
- Hold this position as long as possible.
- Stop when you begin to shake.
- Hold for 10-30 seconds. Repeat 3 times.



Resisted side bend

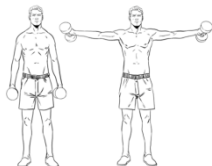
- Lie on your side with a pillow under your head.
- Push down on the pillow with the side of your head,
- Perform 3 sets of 10 seconds holds.
- Repeat on the opposite side.



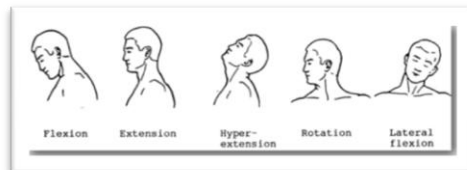
Exercise 4: Resisted side bending

Lateral Raises

- Standing with your hands by your side. Without weight in your hands.
- Keeping your elbows straight and arms in line with your body raise your hands to shoulder height.
- Slowly lower them down over 5 seconds.
- Perform 3 sets of 10 repetitions.

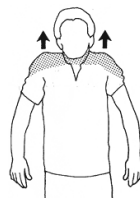


- In the standing or sitting position.
- Look down to the ground
 - Place your palm on your forehead and use it as a resistance. Hold for 30 seconds
- Look up to the roof.
 - Place your hand on the back of your head and use it as resistance. Hold for 30 seconds
- Look to your left & right.
 - Place your hand on your cheek and use it as resistance. Hold it for 30 seconds.
- Tilt your head to the left & right.
 - Place your hand on your temple and use it as resistance. Hold for 30 seconds.
- Repeat 3 times



Shoulder Shrugs

- Standing with your without weight in your hands.
- Shrug your shoulders as though you are trying to touch them to your ears.
- Slowly lower them back down over 5 seconds. Relax.
- Perform 3 sets of 10 repetitions



Apply cold pack for 10-20 minutes post exercise

Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.