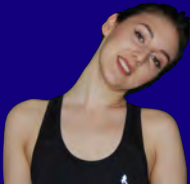


EXERCISES FOR THE NECK: **TREAT**

Movements of the neck



Tilt to the right



Tilt to the left



Rotate - turn to the right



Rotate - turn to the left



Flex - look down



Extend - look up

Do 3 sets of the exercises shown on the right, 3 times a day



Tilt the neck

Place the palm of your right hand above the right ear on the side of your head. Attempt to tilt your head to the right to reduce the gap between right ear and right shoulder. Resist the movement of the head with your right hand. Hold this position for a count of 10. Gently relax and repeat on opposite side.



Rotate the neck

Place the palm of one hand on the cheek bone in front of your ear. Attempt to rotate (turn) your head to the right whilst resisting with your hand. Hold this position for a count of 10. Gently relax and repeat action with the other hand.



Elongate the neck

Keep your head and neck in neutral. Slowly try to lengthen / stretch the back of the neck as far as possible. Hold this position for a count of 10. Gently relax to neutral.



Angle the neck

Place the palm of one hand on forehead. Attempt to move chin towards your chest and look at your toes. Resist the movement with your hand. Hold this position for a count of 10. Gently relax to neutral.



Top Look

Intertwine fingers of both hands and place behind head keeping elbows bent. Attempt to look to the top whilst resisting the action with your hands. Hold this position for a count of 10. Gently relax to neutral.



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