

**Exercise plan:**  
**Neck Mobilising Exercises**

**Patient:**  
**General Exercise**

**Date:**  
**15th May 2020**

### Neck Flexion

Tuck your chin in and then roll your head forwards. You should feel a gentle stretch at the back of your neck. Return to the start position.

**Hold for n/a | Repeat 5 times | Perform 2 times daily**

Video: <http://youtu.be/NZHdC0aeJIs>



### Neck Extension Mobilisation

Tilt your head backwards in a slow and controlled manner. You may feel some compression tension building up at the back of the neck, so stop the extension at that point. Stop the exercise immediately if you get any dizziness or blurred vision.

**Hold for n/a | Repeat 5 times | Perform 2 times daily**

Video: <http://youtu.be/LWg92hFOEDk>



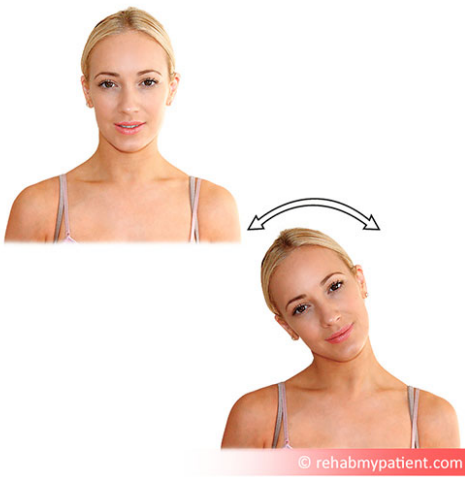
### Neck Rotation

Sit or stand upright with good posture. Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder and back relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: [http://youtu.be/UbHEH6t\\_OJQ](http://youtu.be/UbHEH6t_OJQ)





## Neck Side Flexion Mobilisation

Sit or stand in an upright position with good posture. Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Now repeat to the right. Keep the movement gentle and rhythmical. This exercise will help improve mobility to your neck.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/MpUIDH-atys>

## Shoulder Rolls

Standing with good posture, and your arms by your side, move your shoulders backwards, up, forwards and down in a circular movement. Your arms remain by your side.

**Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/X7NtgY9kCCM>



These exercises are designed as a general mobilising programme, rather than a specific treatment programme for a particular individual's needs or dysfunctions. Please undertake the exercises safely, holding onto to something strong and stable when standing. Work with control and within comfort, maintaining good postural alignment - stop any exercise that causes pain or conflicts with advice from your Therapist, Doctor, or Consultant.

Try to keep mobile throughout the day and vary your activities - be careful if undertaking activities that are new or which you haven't been doing regularly recently - build up the time and difficulty gradually over time.

If you have a particular condition or any questions regarding an exercise, just email us on [info@achievephysio.co.uk](mailto:info@achievephysio.co.uk) or phone on 07702 871780.

Good luck and keep with it!