**Please remember to exercise pain free unless otherwise informed by physiotherapist**

4.

3.

1.

****

Sitting straight-backed.

Pull your chin in, keeping your neck and back straight (not tipping your head forwards).

Hold at the end position and feel the stretch in your

neck.

Repeat \_\_\_\_ times.

Sitting or standing

a. Tilt your head toward one shoulder until you feel the stretch on the opposite side.

b. Turn your head to one side until you feel a stretch.

Hold approx. 30 secs. Repeat to other side.

Repeat \_\_\_\_\_ times.

b.

a.

Sitting or standing

Bend your head backwards and forwards as far as is comfortable.

Repeat \_\_\_\_ times.

2.

Stand or sit.

Move your shoulder blades gently back and down (small movement).

Hold 5 seconds.

Repeat \_\_\_\_ times.

**Please remember to exercise pain free unless otherwise informed by physiotherapist**

7.

6.

5.

****

8.

Sit on a chair and support your arms on your chest.

Rotate the upper trunk.

Keep your upper trunk straight and let your eyes follow the movement.

Repeat \_\_\_\_ times.

Palm on a table.

a. Spread fingers and bring them together.

b. Make a fist.

Repeat \_\_\_\_\_ times.

a.

b.

Stand with your elbow bent and palm turned down.

Turn your palm up and down rotating your forearm.

Repeat \_\_\_ times.

Standing

Bend your elbow and then straighten your elbow.

Repeat \_\_\_\_ times.