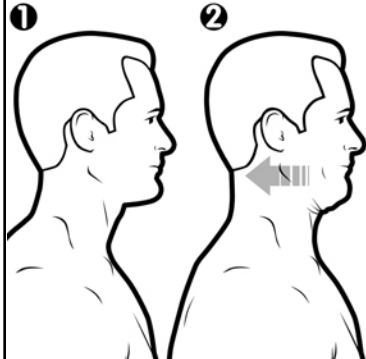



NECK STRETCHES

1 **2**




CHIN TUCKS
Start with your head in a relaxed position (1). Keep your eyes looking straight ahead and tuck your chin in as far as you can comfortably (2). Relax and repeat.

SETS & REPS: 10 reps FREQUENCY: 2-3 x day




CHIN TUCK WITH ROTATION
Start with your head in a relaxed position. Then tuck your chin in as far as you can and maintaining this chin tuck rotate your head left/right. Return to the centre. Relax and repeat.

SETS & REPS: 10 reps FREQUENCY: 5 x daily



UPPER TRAPEZIUS STRETCH WITH OVERPRESSURE
Sitting, grasp under your chair and depress the shoulder. Side bend your head AWAY from the side being stretched and slowly rotate your head TOWARDS the side being stretched until you feel a stretch. Add overpressure to your head with your other arm. Hold.


SETS & REPS: 30 sec hold FREQUENCY: 2-3 x day



LEVATOR SCAPULAE STRETCH
Sitting, grasp under your chair and depress your shoulder. Rotate your head away from the side being stretched and bend your head forward until you feel a stretch. Use your other arm to gently pull your head further forward and to the side. Hold.

SETS & REPS: 30 sec hold FREQUENCY: 2-3 x day

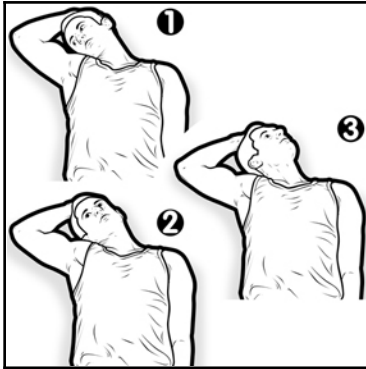
2 **1**



STERNOCLEIDOMASTOID STRETCH
While sitting, place your hands on your collar bone then side-bend your neck to one side, bringing your ear towards your shoulder (1). Gently rotate your head away from that shoulder, turning your head towards the ceiling (2), until you feel a stretch. Place gentle downward pressure on your collar bone to increase the stretch. Hold.

SETS & REPS: 30 sec hold FREQUENCY: 2-3 x day

NECK STRETCHES



SCALENI STRETCH

Lie on your back with the hand of the side to be stretched anchored beneath your buttock (1). Side bend and turn your head towards your opposite shoulder. Grasp your head and apply gently overpressure with your opposite hand. Hold (2). Repeat stretch with your face looking forward (3) and turned towards the side being stretched (4). Repeat on the opposite side.

SETS & REPS: 30 sec hold

FREQUENCY: 2-3 x day